

WHEAT ALLERGY DIET

AVOID ALL SOURCES OF WHEAT

In this country, wheat is a common food. This makes a diet containing no wheat one of the most difficult to plan.

If your child has a wheat allergy, he must avoid all sources of wheat protein. The list of foods that must be avoided is long, including breads, buns, muffins, cakes, candy, cereals, cookies, crackers, lunch meats, pastas, pizza, pancakes, sauces, and snack foods.

You must read labels carefully, because many processed foods, such as ice cream and catsup may contain wheat flour.

READ FOOD LABELS

Knowing how to read a food label will help you avoid problems caused by wheat in foods.

Terms that mean the product **does** contain wheat protein:

bran	kamut
bread crumbs	matzoh, matzoh meal (also spelled as matzo)
bulgur	pasta
cereal extract	seitan
couscous	semolina
cracker meal	spelt
duram	vital gluten
farina	wheat (bran, germ, gluten, starch)
flour (all-purpose, cake, enriched, durham, graham, high gluten, high protein, pastry, soft wheat, whole wheat)	whole wheat berries
gluten	

Terms that **may** mean the product contains wheat protein:

flavoring (natural and artificial)	surimi
hydrolyzed protein	starch (gelatinized, modified, modified food starch, vegetable)
soy sauce	vegetable gum

USE WHEAT SUBSTITUTES

You can substitute products made from oats, rice, rye, barley, or corn. These substitutes may be available in your grocery or health-food store. You may also buy flours made from these grains to use in your recipes.

Other good sources of safe foods are specialty foods for people who must also avoid gluten-containing grains (wheat, oats, barley, and rye). These foods may be found in health-food shops or ordered from mail-order companies.

PROVIDE MISSING NUTRIENTS

Because this diet is very restrictive, give your child a daily vitamin pill. Have a dietitian check your child's diet from time to time.