

# WHEAT ALLERGY

Wheat is found in the following foods:

## **BEVERAGES:**

Beer (malt is usually barley), cocomalt gin (any drink containing grain neutral spirits), whiskey, malted milk, ovaltine, and postum.

## **BREADS:**

These include biscuits, crackers, muffins, popovers, pretzels, rolls and breads, including those sold as corn bread, graham bread, pumpernickel, rye bread, etc. They may contain a portion of wheat flour as well as other grains. Some breads are baked specially to be wheat free. Ask your baker or read the label carefully.

## **CEREALS:**

These include cooked cereals such as cream of wheat or malt-o-meal as well as processed cereals such as Grapenuts, Special K, etc. Check label contents on any such product carefully.

## **FLOURS:**

White flour (bleached or unbleached), all purpose flour, whole wheat flour, graham flour, packaged baking mixes.

## **MISCELLANEOUS:**

Bouillon cubes, cooked processed meat dishes, fried food rolled or dipped in flour mixtures, gravies, griddle cakes, pancakes, ice cream cones, malt products or food containing malt, mayonnaise, cooked sausages (bologna, liverwurst, wieners) some yeasts, thickening in ice cream or bottled condiments, soy sauce.

## **PASTRIES AND DESSERTS:**

Cakes, cookies, doughnuts, pies, some puddings, some candy. All may be available without wheat. Check label contents carefully or ask the maker.

## **PASTAS:**

Most pasta including spaghetti, macaroni, noodles, etc. is made of wheat flour. There are brands available which do not contain wheat. Check label contents carefully.

## **WHEAT FREE PRODUCTS:**

Read the labels. There are many products manufactured that are wheat free. But be careful. Just because a product says corn flakes, that doesn't mean that no wheat is used in the manufacture. Check the ingredients list to make sure it is wheat free. Many bakeries, specialty shops, health food stores and delicatessens carry wheat-free baked goods. Spelt and kamut are alternate grains but, because they are in the wheat family, may present a problem for those with a wheat allergy.

