



Wheat-Free Diet

Note: For your convenience, the following list is available on a sturdy wallet-sized plastic card from the Food Allergy & Anaphylaxis Network. The price is \$2.00 plus shipping and handling. Call (800) 929-4040 to order.

All FDA-regulated manufactured food products that contain wheat as an ingredient are required by U.S. law to list the word “wheat” on the product label. The law defines any species in the genus *Triticum* as wheat.

Avoid foods that contain wheat or any of these ingredients:

bread crumbs	hydrolyzed wheat protein
bulgur	Kamut
cereal extract	matzoh, matzoh meal (<i>also spelled as matzo, matzah, or matza</i>)
club wheat	pasta
couscous	seitan
cracker meal	semolina
durum	spelt
einkorn	sprouted wheat
emmer	triticale
farina	vital wheat gluten
flour (<i>all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat</i>)	wheat (<i>bran, durum, germ, gluten, grass, malt, sprouts, starch</i>)
	wheat bran hydrolysate
	wheat germ oil
	wheat grass
	wheat protein isolate
	whole wheat berries

Wheat is sometimes found in the following:

glucose syrup	starch (<i>gelatinized starch, modified starch, modified food starch, vegetable starch</i>)
soy sauce	surimi

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