

# Living with allergy – wheat

A confirmed diagnosis of allergy to wheat means that all wheat-based foods and products made from wheat should be avoided, this will include many common foods and ingredients.

Breadcrumbs/batter	Wheat starch
Whole wheat	Modified starch*
Wheat germ	Edible starch
Wheat germ oil	Wheat bran
Hydrolysed wheat protein	Wheat thickener/thickener*
Wheat gluten	Rusk
Wheat flour	Raising agent containing wheat starch
Wheat binder	starch

\* Unless specified as being from another source such as potato or corn.

As with all other allergies, it is important to check food labels for any of these ingredients.

Some *medicines* may also contain ingredients which have been made from starch. It is best to check this with your pharmacist.

## The difference between gluten intolerance and coeliac disease

A wheat allergy is different to gluten intolerance. Gluten is a part of the wheat protein found in rye, barley and oats. People who are unable to tolerate gluten have what is known as coeliac disease. Specialist foods for people with coeliac disease may be made from wheat but with the gluten removed. These products can still cause a reaction in a person with wheat allergy.

So when buying food, make sure it is wheat-free and not just gluten-free.

## Foods to avoid

Cereals All wheat-based cereals Wheat flour Couscous	Tabbouleh Semolina Spelt/kamut (these are types of wheat)
Pasta	Avoid all wheat-based pasta
Bread	Avoid all wheat-based breads
Biscuits and cakes	All biscuits and cakes containing wheat Ice cream cones and wafers
Dairy products	Yoghurts containing wheat grain or muesli Ice cream
Eggs	Scotch eggs
Oils and fats	Wheat germ oil Margarine
Meats Burgers Pies Pâté	Meat pastes Sausages Cold processed meats Meats cooked in breadcrumbs/batter/pastry
Fish Fish paste	Fish pâté Fish in pastry/breadcrumbs/batter/sauces
Fruit	Fruit in batter e.g. banana or pineapple fritters
Vegetables	Vegetables in sauce e.g. baked beans Vegetables in breadcrumbs

Drinks Malted milk drinks Powdered milk shake flavours Puddings	Tinned or packet custards and desert mixes Semolina Trifle Chocolate containing wheat
Miscellaneous Flavoured crisps Herbs Spices Sauces, including ketchup, salad cream, mustard, gravy, soya sauce Sauces thickened with wheat flour	Baking powder Gravy granules Stock cubes Soup Dry roasted nuts Monosodium glutamate (MSG) Any unlabeled products

## Alternatives to wheat

There are a number of wheat-free alternatives available, for example, bread, pasta, and biscuits.

As rye, barley and oats are related to each other, you should check if you are also allergic to these. If not, non-wheat flours may be used for baking. Examples of these are soya, corn/maize, rice, potato, rye, barley (buckwheat).

**Further information on allergy is available from [www.allergyai.com](http://www.allergyai.com)**

**These lists are guides – always check the individual labels.**

**If it's not labeled, it is safer to avoid the food.**