
Wheat-Free Diet Sheet

Please use this diet sheet under the supervision of a registered dietitian

Foods Allowed

Milk and Dairy: All milk and milk products are allowed in a wheat free diet except those listed under specific foods restricted (milk and dairy).

Milk
Buttermilk
Cream
Yoghurt
Aged cheese
Cottage cheese

Bread and Cereal: Flour, grains and starches:

Amaranth
Arrowroot
Buckwheat
Corn
Lentil Flour
Pea Flour
Kasha
Nut meal and flour
Quinoa
Non-enhanced rice
Sago
Seed meal and flour
Soy flour
Tapioca
Popcorn
Sorghum
Flax
Wild rice

Breads made from substitute flours and starches:

Rice bread
Soy bread
Waffles and cakes made with allowed grains

Crackers and snacks:

Corn Chips
Corn nachos
Corn taco chips
Potato chips
Rice cakes (plain or with allowed seeds and grains)
Rice crackers

Cereals:

Corn
Corn flakes
Puffed rice
Puffed millet
Puffed Amaranth

Pasta:
Soy pasta
Buckwheat pasta
Mung bean pasta
Rice noodles and pasta
Brown rice pasta
Wild rice pasta
Corn pasta

Vegetables: All fresh, frozen or canned vegetables and their juice extracts are allowed, unless they are prepared or combined with wheat or wheat products. (See specific food restricted vegetables).
Starches allowed:
Tapioca
Potato
Arrowroot
Sweet potato

Legumes: All legumes are allowed, unless they are prepared or combined with wheat or wheat products. (See specific food restricted legumes).

Plain tofu
Peanut butter
Beans
Fava Beans
Soy Beans
Garbanzo Beans
Lentils
Peas
Peanuts

Fruit: All fruit and their fruit juice extracts are allowed, unless they are prepared or combined with wheat or wheat products. (See specific food restricted fruit).

Meat, Poultry and Fish: All plain, fresh, frozen or canned meat, poultry and fish are allowed, unless they are prepared or combined with wheat or wheat products like bread crumbs and batters. (See specific food restricted -meat, poultry and fish).

Nuts and Seeds: All plain nuts and seeds are allowed
Almond
Chestnut
Acom
Hazelnut
Walnuts
Brazil nuts
Cashews
Water chestnuts
Sunflower seeds
Mustard seeds
Sesame seeds
Safflower
Coconut
Poppy
Alfalfa

Fats and Oils: Butter
Cream
Margarine
Shortening
Pure vegetable oil
Pure nut oil
Pure seed oil

Pure fish oil
Lard and meat dripping
Peanut butter
Pure nut butter
Pure seed butter
Homemade gravy with thickener (other than wheat)

Spices and Herbs All spices and herbs are allowed

Miscellaneous: Sugar
Honey
Molasses
Maple syrup
Jams (prepared without wheat)
Jellies (prepared without wheat)
Preserves (prepared without wheat)
Baking chocolate
Pure cocoa powder

General Foods Restricted

Milk and Dairy: Instant cocoa, chocolate mixes, malted milk.
Cheese sauces, spreads and foods containing wheat.
Specific foods
Cheese Spread
Cheese Spread - Reduced fat
Ice cream
Ice cream cone / Comet
Milkshake

Bread and Cereal: Any bread or baked goods made from restricted flours and starches
Any crackers or snacks which contain wheat as an ingredient
Cracker meal
Pasta made with wheat flour
Most cereals
Specific foods
Baked goods
Biscuits / Cookies
Bran
Bread
Bread (rolls)
Breakfast cereal / Porridge / Cereals (enriched)
Bulgur wheat / Bulghur wheat
Cereal Mixes
Couscous
Durum wheat
Einkorn wheat
Farina
Flour
Flour products
Graham flour
Indian chappatis / Chapati
Kamut
Macaroni
Muffins
Noodles
Pasta
Pasta products

Pretzels
Rye bread
Semolina
Spagetti
Spelt
Tortilla
Udon
Wheat berries
Wheatburger
Wheatgerm / Wheat germ

Vegetables: Vegetables prepared with a dressing or garnish containing wheat or wheat products.

Specific foods
Creamed vegetables
Potato (croquette, frozen)
Scalloped Vegetables

Legumes: Legume dishes prepared or combined with wheat or wheat products.

Sprouted wheat
Specific foods
Soya bean paste / Miso (fermented)
Soya condiments

Fruit: All fruit dishes containing wheat

Specific foods
Fruit (spreads)

Meat, Poultry and Fish: Meats, poultry or fish that are prepared or combined with restricted grains
Egg dishes thickened with flour

Specific foods
Battered meat, poultry and fish
Breaded meat, poultry and fish
Meat (canned)
Meat (hamburger patties)
Meat (lunch meat)
Meat (manufactured)
Meat (pate)
Meat (processed)
Meat (sausage)
Meat loaf
Wieners

Nuts and Seeds: Snack nuts and seeds (containing HVP* HPP* or MSG* or malt* or restricted grain products)

Fat and Oils:

Spice and Herbs: Seasoning mixes containing HVP* HPP* or MSG* or malt* e.g. Aromat

Specific foods
Black pepper powder

Miscellaneous: Sweets containing wheat of unknown origin

Specific foods
Ale
Baker's asthma
Batter / Battered food
Beer

Bourbon
Cakes (pre-packed mix)
Drinks (alcoholic)
Granola
Gravy
Hot dogs
Ketchup / Tomato sauce
Muesli
Pancakes
Pies
Pizza
Pudding / Dessert
Sandwich spread
Shoyu
Snack food
Soup (packet mix)
Starch
Stock cubes (Bouillon)
Sweets / Candy
Turkish delight
Waffle
Whiskey / Whisky
Wine

Unreferenced Sources / Other: Oils made from wheat should be free of wheat allergens unless a poor process is used.

Baked beans (the sauce may be made with wheat)
Bread crumbs
Cheese spreads
Chocolate mixes
Commercial pie fillings and jams
Commercially made fish cakes
Cracker meal
Instant cocoa
Malted milk
Matzoh
Some ice cream
Sprouted wheat
Stewed fruits thickened with flour
Stuffing

*Prepared drinks that contain malt

STARCHES

(used to thicken sauces may be made from wheat, and is allergen free)

Candy *
Icing sugar *
Marshmallows *
Yogurt

The following may contain wheat: HVP, natural flavouring, soya sauce, gelatinized starch.

Ingredient terms to avoid on labels

Alkaline hydrolysis wheat derivative

All-purpose flour
Bleached flour
Bran
Bread crumbs
Bread flour
Bulgur (cracked wheat)
Cake flour
Couscous
Cracker meal
Durum wheat
Enriched flour
Gluten
Gluten flour
Graham flour
Hard durum flour
High gluten flour
High protein flour #
Instant flour
Miller's bran
Modified food starch
Modified starch
Pastry flour
Seitan
Self-raising flour
Semolina
Semolina flour
Spelt
Sprouted wheat
Unbleached flour
Vital gluten
Wheat berries
Wheat bran
Wheat flakes
Wheat flour
Wheat germ
Wheat gluten
Wheat kernels
Wheat malt
Wheat starch
White flour
Whole wheat
Whole wheat flour
Wholemeal flour

Label Alerts

CHECK LABELS ON ALL PROCESSED FOODS - if a food label is absent, unclear or vague it is best to avoid it. Read all labels, even familiar brands, as manufacturers may change suppliers or ingredients.

Also look out for the following items on ingredient lists:

cake flour, cereal extract, food starch, malt, malt extract, malt flavouring, pastry flour, seitan, wheat, wheat malt, wholewheat berries.

Substitutes

WHEAT (NOT GLUTEN FREE)

Items listed under: Wheat (Gluten free)

Barley - whole hulled, flakes, flour
Kamut - Whole, flakes, flour, pasta
Oat - Scotch style, flour, oat bran, rolled flakes
Rye - flakes, flour, bread, crackers (if 100 % rye)
Spelt - whole, flakes flour, pasta
Rice flour
Teff flour
Amaranth flour

BAKING

In baking, the following quantities equal 1 cup (120 g) of wheat flour:

Oats: 333 ml ~ 1 1/3 cup ~ 133g ~ 4 1/2 oz

Rye flour: 250ml ~ 1 cup ~ 130g ~ 4oz

125ml ~ 1/2 cup ~ 65g ~ 2oz (rye flour) + 125ml ~ 1/2 cup (potato flour)

167ml ~ 2/3 cup ~ 87g ~ 3oz (rye flour) + 83ml ~ 1/3 cup (potato flour)

83ml ~ 1/3 cup ~ 43g ~ 1 1/2 oz (rye flour) + 150ml ~ 3/5 cup ~ 86g ~ 3oz (rice flour)

Barley: 125ml ~ 1/2 cup

For further substitutes for wheat flour in baking see gluten free.

1 part rice flour + 1 part soya flour + 1 part potato flour (always include 1 high protein flour e.g. soya or lentil)

Coarser meals and flours need more leavening.

It is advisable to use 7.5 ml (1 1/2 tsp) baking powder for each cup of course flour.

THICKENERS

- Sago flour can be used to thicken soups, sauces and stews. Pearl sago and pearl tapioca can be made into puddings with milk.

- Arrowroot is an excellent thickener.

- Rice flour, potato flour, barley flour and rye flour can all be used as thickeners with care, as they tend to be lumpy.

- Substitute 12.5 ml cake flour as a thickening agent in a recipe with:

12.5 ml (2 1/2 tsp) rye flour

For more substitutes see gluten free.

Nutritional Substitutes

Vitamin B (especially thiamin, riboflavin and niacin) deficiency is possible due to the wheat restriction, so make sure you include vitamin B rich foods like organ meats, meat poultry, legumes, dried green peas, green vegetables in you diet.

Reminders

Medic Alert ?

Cross reactivity ?

Free-from Recipes and Related Information

http://allallergy.net/recipes/recipes_wheat.c