



AVOIDING INTOLERANCES AND ALLERGENS

Gluten - Free Diet

Ingredients to Avoid:

All-purpose flour, enriched flour	Bran
Bread; bread crumbs	Pastry flour
Bulgur	Semolina
Cake flour	Spelt
Cereal extract	Soy Sauce
Couscous	Crackers; cracker meal
Surimi	Durum; durum flour; durum wheat
Wheat; wheat bran; wheat flour	Farina
Wheat germ	Cream of Wheat
Flour, wheat, bran, graham	Wheat gluten
Food starch	Wheat malt
Gluten; high-gluten flour	Wheat starch
Graham flour	Whole-wheat berries
Malt; barley malt extract	Rye
Barley	Triticale
Einkorn	Emmer
Kamut	Seitan
Matzoh, matzoh meal (also spelled as matzo, matzah, or matza)	Wheat Grass
Wheat Protein Isolate	
Whole Wheat Berries	
Starch (gelatinized starch, modified starch, modified food starch, vegetable starch)	

Some Unexpected Sources of Wheat:

Read ingredient labels carefully, even if you would not expect the product to contain wheat. Wheat has been found in some brands of ice cream, sour cream, commercial chocolate milk and drinks, non-dairy creamers, all other cheese products, yogurt, custards, puddings, sherbet, chip dips. All medicines – check with pharmacist or pharmaceutical company.

Marinara sauce and tomato sauces, taco sauce, play dough, potato chips, rice cakes, soy sauce, Worcestershire sauce, turkey patties, stew, chilli, commercial omelets, souffles, fondue; soy protein meat substitutes, processed meats, some types of imitation crab meat, meat extracts, hamburgers and hot dogs.

Wheat also may be found in ale, cocoa mixes, root beer, chocolate drinks, nutritional supplements, beverage mixes, baking mixes, baked products, pie fillings, thickened or prepared fruit, fruit fillings, batter-fried foods, beer, breaded foods, breakfast cereals, candy (glucose syrup), flavouring syrups (for pancakes or ice cream), chocolate, chewing gum, cocoa, popcorn, crackers, packaged rice mixes, cornbread, ready-to-eat cereals containing malt flavouring, salad dressings, mayo, sauces, horseradish, mustard, curry powder, seasoning mixes, soups, broths, soup mixes, boullion cubes.

Vegetables with sauces, commercially prepared vegetables and salads, canned baked beans, pickles, marinated vegetables, commercially seasoned vegetables.

Note: Alternatives to wheat flour include brown rice flour, potato flour, oat flour, almond meal flour, coconut flour, teff, millet, amaranth, arrowroot, quinoa flour, chickpea flour, and buckwheat flour.