

## Wheat Elimination Diet

This diet eliminates all foods containing wheat in any form. A minority of wheat-sensitive people also are allergic to other grains, such as rye, oat and barley. If this is the case, appropriate elimination of other grains will be recommended by your healthcare provider.

### Read labels for the following words that indicate the presence of wheat in a food:

Bran	Flour (all-purpose, bleached, unbleached, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, white, whole wheat)	Semolina
Bread crumbs	Gluten	Spelt
Bulgar/bulgur	Kamut	Triticale
Cereal extract	Malt/malt flavoring	Vital gluten
Club wheat	Matzoh, matzoh (matzo) meal	Wheat bran
Couscous	Seitan	Wheat germ
Cracker meal		Wheat germ oil
Durum		Wheat gluten
Einkorn		Wheat flour/starch
Emmer		Wheat grass
Farina		Wheat sprouts
		Whole wheat berries

### These ingredients on the label may indicate the presence of wheat:

Flavoring (natural, artificial)	Starch (gelatinized starch, modified food starch, modified starch, vegetable starch, wheat starch)	Vegetable gum
Hydrolyzed vegetable protein		Soy sauce
		Surimi

### Avoid the following foods unless the ingredient label indicates a wheat-free product:

Alcoholic beverages	Cereals	Pastries/doughnuts
Baked goods	Cereal beverages	Pizza
Baking mixes	Crackers	Sauce mixes
Biscuits	Gravy mixes	Sausages
Bouillon cubes	Hot dogs	Soups, canned/dried
Bread and rolls	Lunch meats	Soy sauces
Breaded meats/fish/vegetables	Malted beverage mixes	Steak sauces
Cakes/cookies/pies	Muffins	Sweet & sour sauces
Casseroles	Noodles and pastas	Tortillas
Candies/ some chocolates	Pancake/waffle mixes	TV dinners
		Worcestershire sauce

**Avoid** all deep-fried foods in restaurants. Even if you are only ordering French-fried potatoes, wheat-containing foods may have been fried in the same oil and these will contaminate all other foods fried in this oil.

**Substitute the following foods for those eliminated:**

**Flours:** Arrowroot, amaranth, buckwheat, cornmeal, potato starch, rice, sorghum, soy, tapioca

**Baking Mixes:** Ener-G and other rice flour mixes (available in many health food stores)

**Cereals:** Cream of rice, grits, puffed com/millet/rice

**Crackers, Cookies, Etc.:** Rice cakes/cookies/crackers, potato chips, corn chips, popcorn, corn tortillas

**Breads:** Rice breads and gluten-free breads (available in health food stores)

**Pastas/Noodles:** Chickpea pastas, Corn pastas, wheat-free pastas, rice sticks, cellophane noodles, rice (brown and white)

**Baking Tips:**

When baking without wheat, the product will be more crumbly. Yeast-raised breads do not work well without wheat, so do not try to make these. Quick breads, pancakes, muffins and cookies are all raised with baking powder, and these work better. Mix two or more permitted flours to prevent a strong flavor from overpowering the finished product. For each cup of wheat flour, substitute:

1 cup amaranth flour

3/4cup coarse cornmeal

1 cup (scant) fine cornmeal

5/8 cup potato starch flour

1 cup quinoa flour

7/8 cup rice flour

7/8 cup sorghum flour

5/8 cup tapioca starch flour

1 cup soy flour plus 1/4 cup potato starch flour