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| Prepared For: | | Date: | |
| Prepared By: | | Contact: | |

Wheat Allergy Nutrition Therapy

You have been diagnosed with a wheat allergy. The only treatment for wheat allergy is to strictly avoid all food products that contain wheat as an ingredient.

Wheat is typically found in baking mixes, baked goods, batter-fried foods, beer and ale, breads, breaded foods, breakfast cereals, candy, crackers, condiments, hot dogs and other processed meats, ice cream products, salad dressings, sauces, soups, soy sauce, and surimi (fake crab).

Wheat is considered a major allergen. All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain wheat as an ingredient must list the word “wheat” on the product label.

Before you buy any food product, always read the entire food label to make sure the product is safe. Remember that manufacturers may change ingredients and food preparation methods at any time.

Foods Recommended

| Food Group | Foods Recommended |
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| Milk and Milk Products | Milk (whole, reduced-fat, low-fat, fat-free, condensed, evaporated, and dry) Cheese Cream cheese Puuding made without wheat ingredients Sour cream Yogurt and ice creams made without wheat ingredients |
| Meat and Other Protein Foods | All fresh, or frozen meats (beef, veal, lamb, pork) Fresh, frozen, or canned fish and shellfish Egg Poultry Dried beans and peas Nuts and seeds |
| Grains | The following wheat-free grains, nuts, and seeds are available as flours for home baking or cooking, and are used in many wheat-free commercial products (such as wheat-free breads, pastas, cookies, and cereals): Almond meal Arrowroot Barley Buckwheat Chickpea flour |

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| | Corn Fava bean flour Flaxseed meal Millet Oat Potato starch Quinoa Rice Rye Sorghum Soy flour Tapioca Teff Ask your doctor which of these wheat alternatives may be safe for you. |
| Vegetables | All fresh, frozen, and canned vegetables prepared without wheat ingredients 100% vegetable juice |
| Fruits | All fresh, frozen, and canned fruits prepared without wheat ingredients 100% fruit juice |
| Fats and Oils | Butter Margarine Liquid vegetable oils Mayonnaise Vegetable oil spray Salad dressings without wheat ingredients |
| Beverages | All beverages without wheat ingredients |
| Other | Pepper and salt Herbs and spices Mustard, ketchup, and relish Flavoring extracts Gelatin Honey Jam, jelly, marmalade, and preserves Sugar Maple syrup |

Foods Not Recommended

| Food Group | Foods Recommended |
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| Wheat and Wheat Ingredients | Bulgur Cereal extract Cracked wheat Durum flour Durum wheat Emmer Einkorn Farina Farro Flours made from wheat (including all-purpose, bread, cake, enriched, |

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| | graham, high-gluten, high-protein, pastry, and wheat) Kamut Semolina Spelt Sprouted wheat Triticale Vital gluten Wheat Wheat berries Wheat bran Wheat germ Wheat gluten Wheat malt Wheat starch |
| Milk and Milk Products | Any with added wheat ingredients |
| Meat and Other Protein Foods | Any meats (beef, veal, lamb, pork), fish, shellfish, egg, poultry, legumes, nuts, or seeds prepared with wheat ingredients |
| Grains | Read food labels carefully. The following foods usually contain wheat: <ul style="list-style-type: none"> • Breads and rolls (white, whole wheat, multigrain, potato, rye, etc) • Other baked goods (brownies, cakes, cookies, muffins, etc) • Bread crumbs • Cereals • Couscous • Pancakes and waffles • Pasta • Tortillas (made from flour) |
| Vegetables | All fresh, frozen, and canned vegetables prepared with wheat ingredients |
| Fruits | All fresh, frozen, and canned fruits prepared with wheat ingredients |
| Fats and Oils | Gravies, sauces, and salad dressings prepared with wheat ingredients |
| Beverages | Any that contain wheat, including some “instant breakfast” products |

Wheat Allergy Sample 1-Day Menu

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| Breakfast | 1 cup oatmeal 1 hard-boiled egg 1 small banana 1 cup low-fat milk |
| Morning Snack | 1 oz wheat-free crackers (like rye crackers) 2 oz cheese, like cheddar |
| Lunch | 1 large mixed green salad 1 tablespoon olive oil and vinegar salad dressing 3 oz turkey 2 slices wheat-free bread (like rye bread) 2 teaspoons mayonnaise 1 cantaloupe wedge 1 cup low-fat milk |

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| Afternoon Snack | 4 carrot sticks 4 celery sticks |
| Evening Meal | 1 cup barley soup (made from allowed ingredients) 4 oz baked fish with herbs 1 sweet potato 1/2 cup stir-fried vegetables 1 wheat-free roll (like rye) 1 cup low-fat milk |
| Evening Snack | 1/2 cup applesauce Hot tea |
| Notes | |