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## WHEAT AVOIDANCE

**It is important to read all ingredient labels to identify foods that contain wheat.** All manufactured food products that contain wheat as an ingredient are required by US law to **list the word “Wheat” on the product label.**

**AVOID** foods that contain any of these ingredients:

bread crumbs  
bulgur  
cereal extract  
couscous  
durum (durum flour or wheat)  
emmer  
einkorn  
farina  
flour (all-purpose, cake, enriched, graham, high gluten, high protein, pastry, wheat)  
kamut  
semolina  
spelt  
sprouted wheat  
triticale  
vital gluten  
wheat (bran, germ, gluten, malt, starch)  
whole wheat berries

**Foods that often contain wheat:**

- Wheat may be found in ale, baking mixes, baked products, batter-fried foods, beer, breaded foods, breakfast cereals, candy, crackers, frankfurters and processed meats, ice cream products, salad dressings, sauces, soups, soy sauce and surimi.

**Look out for:**

- Cross contact- Cross contact occurs when safe foods come in contact with wheat. This can happen through shared cooking utensils, surfaces, frying oils or not keeping safe foods separated from those made with wheat. Avoid cross contact by washing everything well with soap and water.

**Usually safe:**

- The following flour substitutes are available and may be used **if tolerated**: amaranth, arrowroot, barley, buckwheat, corn, millet, oat, potato, rice, soybean, tapioca, and quinoa flour. Please ask your doctor if these flour substitutes are safe for you.

**Read product labels carefully before buying or eating any item.**

### RESOURCES

-This program has additional information sheets that you may find helpful, see “preparing safe foods in the home.”

-Explore additional educational materials, for example, from Food Allergy Research & Education ([www.foodallergy.org](http://www.foodallergy.org))

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