

Identifying Wheat

Avoid foods with these ingredients:

All-purpose flour
Bleached flour
Bulgur (cracked wheat)
Bran
Cornstarch
Couscous
Durum wheat
Enriched flour
Farina
Gelatinized starch* (or pre-gelatinized)
Gluten
Graham flour
Hard durum flour
High gluten flour
High protein flour !
Hydrolyzed vegetable protein !
Kamut
Miller's bran
Modified food starch*
Modified starch*
MSG (monosodium glutamate)**
Protein
Semolina
Spelt
Starch*
Unbleached flour
Vegetable gum*
Vegetable starch*
Vital gluten
Wheat bran
Wheat flour
Wheat germ
Wheat gluten
Wheat starch
White flour
Whole wheat
Whole wheat flour

***May* contain wheat**

Alcoholic beverages

(made from grain alcohol) Ale, Beer, Wine,
Bourbon, Whiskey

Baked goods

Biscuits Breads (including rye bread),
Cakes, Cookies, Crackers, etc., Baking
mixes, Barley bread and drinks, Battered
foods, Bouillon cubes, Breaded meats,
Breaded vegetables, Breakfast cereals,
Candy or chocolate candy, Canned
processed meat, Cereal grains, Gravy, Hot
dogs, Ice cream, Ice cream cones, Luncheon
meats, Licorice, Macaroni, Malt, Malted
milks, Milk shakes, Noodle products, Pasta
(noodles, spaghetti, macaroni), Pepper
(compound or powdered flour filler), Pies,
Processed meats, Sausage, Semolina, Snack
foods, Soup mixes, Soups, Soy sauce,
Tablets