

## Wheat Allergy

Commonly confused with celiac disease, a wheat allergy is an allergy to wheat products only. If you have a wheat allergy, exposure to a wheat protein causes an immune response and an allergic reaction. Someone with a wheat allergy can be allergic to any of the four classes of wheat proteins – albumin, globulin, gliadin, and gluten. If you have a wheat allergy you might also be allergic to barley, oats and rye, however, this is rare. If you are not allergic to grains other than wheat, a wheat-free diet is less restrictive than a gluten-free diet. The only treatment is to strictly avoid all food products that contain wheat as an ingredient.

### Commonly listed wheat-derived ingredients:

Bugler  
Cereal extract  
Cracked wheat  
Durum flout  
Durum wheat  
Emmer  
Einkorn  
Farina  
Farro  
Flours made from wheat (all-purpose, bread, cake, enriched, graham, high-gluten, high-protein, pastry)  
Kamut  
Semolina  
Spelt  
Sprout wheat  
Triticale  
Wheat  
Wheat berries  
Wheat bran  
Wheat gluten  
Wheat malt  
Wheat starch

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Extra care must be taken when consuming the following foods. Be sure to read labels carefully.

Baked goods  
Beer  
Bread and rolls  
Bread crumbs  
Bread crumbs  
Breakfast cereals  
Cakes  
Cereals  
Condiments, such as ketchup  
Cookies  
Couscous  
Crackers  
Dairy products, such as ice cream  
Farina  
Gelatinized starch  
Hard candies  
Hydrolyzed vegetable protein  
Jelly beans  
Licorice  
Meat products, such as deli meats and hot dogs  
Modified food starch  
Muffins  
Natural flavorings  
Pancakes and waffles  
Pasta  
Semolina  
Soy sauce  
Spelt  
Tortilla, made from flour  
Vegetable gum

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### Naturally wheat-free grains to enjoy:

\*remember gluten-free products will be wheat-free, but wheat-free products will not be gluten free

Amaranth  
Arrowroot  
Barley  
Buckwheat  
Bulger Wheat  
Chia  
Corn  
Flax  
Legumes (dry beans, peas, lentils)  
Millet  
Nuts  
Potatoes  
Quinoa  
Rice  
Rye  
Rye Berries  
Sorghum  
Soy  
Spelt  
Tapioca  
Teff  
Wild Rice

### Cooking substitutions:

Thickeners – to replace 1 Tbsp. of wheat flour in recipes:

- 1 ½ tsp cornstarch, potato flour, or rice starch
- 1 Tbsp. white or brown rice flour
- 2 Tbsp. quick-cooking tapioca
- 2 Tbsp. tomato paste or vegetable puree

To replace 1 cup of wheat flour in a recipe:

- ¾ cup + 2 Tbsp. rice flour
- ½ cup potato starch flour and ½ cup soy flour
- 1 cup corn flour
- ¾ cup coarse cornmeal

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