



How to Read a Label for a WHEAT-FREE DIET

AVOID foods that contain any of the following ingredients:

Bread crumbs
Bran
Bulgar
Cereal extract
Couscous
Cracker meal
Durum wheat
Enriched flour
Farina
Gluten
Graham flour
High protein flour
Malt
Semolina flour
Vital gluten
Wheat bran, wheat germ, wheat gluten, wheat starch
Whole wheat flour
Spelt

Ingredients that **MAY** indicate the presence of **WHEAT PROTEIN** (please call manufacturer before using):

Gelatinized starch
Hydrolyzed vegetable protein
Kamut
Modified food starch
Modified starch
Natural flavoring
Soy sauce
Starch
Triticale
Vegetable gum
Vegetable starch

- ▶ Gravies, sauces, stews and gumbos are often thickened with wheat flour and butter.
- ▶ Read labels carefully. At least one brand of hot dogs, one brand of ice cream and some types of imitation crabmeat contain wheat. It is listed on the label.
- ▶ Many country-style wreaths are decorated with wheat products.
- ▶ Try substituting 1 cup wheat flour with one of the following:
 - 7/8 cup rice flour
 - 5/8 cup potato starch flour
 - 1 cup soy flour plus 1/4 cup potato starch flour
 - 1 cup corn flour