

## Wheat-Free Diet

If you feel frustrated and helpless due to food allergies, you are not alone. Up to 60% of Americans have shown signs of food allergy at one time or another. About 10% of food allergy sufferers exhibit symptoms serious enough to see a doctor. Food allergy typically does not appear overnight. In susceptible people, allergies to foods eaten regularly (if not daily) progress over time. Because allergy onset is subtle, identifying offending foods can be difficult and often requires trial diets. Once the food has been identified, the patient may incorporate acceptable substitutes in his or her diet and avoid the food completely.

Nearly any type of food can cause allergy, but cow's milk, eggs, fish, shellfish, nuts, corn, cereal grains, chocolate, citrus fruits, peanuts and soy products most commonly provoke reactions. Because many foods come from related plant and animal species, which contain cross-reacting substances, a person may suffer an allergic reaction from a food he has never eaten.

The following diet excludes all wheat and wheat products. This includes any wheat flour (cake, whole wheat, etc.), graham flour, wheat germ, bran, farina, bread crumbs, cracker meal, or flour used as a thickening agent. To eliminate wheat completely, you must read labels before you purchase any commercially prepared food.

Types and Amounts of Food	Include	Omit
Soups As desired	Bouillon, broth, consommé  Cream soups made with allowed ingredients and thickened with cornstarch or rice flour	Soups containing noodles, alphabets, dumplings, spaghetti, or thickened with wheat flour
Meat and Meat Substitutes 2-3 servings (5 oz total)	Beef, ham, liver, lamb, pork, veal, chicken, turkey  Fish, cheese, peanut butter "All Meat" wieners or luncheons meat  Dried beans or peas  Eggs	Floured or breaded meat or poultry  Meats containing fillers such as meatloaf, wieners, bologna, luncheon meat
Potato and Potato Substitutes 2 or more servings (¼ cup each)	White or sweet potatoes, rice	Noodles, macaroni, spaghetti  Potatoes or ice prepared with wheat flour, such as scalloped potatoes
Vegetable 2 or more servings (¼ cup each)	All  Any prepared with allowed Flours (include 1 serving dark-green or deep-yellow vegetable daily for a source of vitamin A)	Vegetables breaded or prepared with wheat flour
Breads 3 or more servings	Breads made from arrowroot, corn, rice, rye,	Bread or bread crumbs made from wheat flour

	<p>potato, barley, oat flour</p> <p>Ry-Krisp®</p> <p>Rice sticks</p>	<p>Wheat crackers</p> <p>Doughnuts, muffins, biscuits, rolls, dumplings, pancakes, French toast</p> <p>Bread and cracker stuffing</p> <p>Rye bread or cornbread with wheat flour</p>
<p>Cereals</p> <p>1 or more servings (1 cup each)</p>	<p>Cereals made from corn, oats, or rice and to which no wheat has been added in manufacture</p>	<p>Cereals containing wheat</p>
<p>Fats</p> <p>3 or more servings (1 teaspoon each)</p>	<p>Butter, margarine, cream, vegetable oil, shortening, lard</p> <p>Pure mayonnaise, gravy made with cornstarch</p>	<p>Commercially prepared salad dressings thickened with wheat flour</p> <p>Commercial gravy, gravy made with wheat flour</p>
<p>Fruits and Fruit Juices</p> <p>2 or more servings (¼ cup each)</p>	<p>Fresh, frozen or canned fruits</p> <p>Fruit juice (include 1 serving citrus fruit or juice daily for a source of vitamin C)</p>	<p>Strained fruits with added fruits</p>
<p>Desserts</p> <p>In moderation</p>	<p>Custard, fruit ice, gelatin, cornstarch or rice pudding</p> <p>Homemade cookies, cake, pie, from allowed ingredients</p> <p>Homemade ice cream, sherbet, popsicles</p>	<p>All products made with wheat flour: cake, cookies, pie, pastries, ice cream cones</p> <p>Commercial ice cream, sherbets</p> <p>Frosting</p> <p>Prepared mixes, packaged puddings</p>
<p>Milk</p> <p>3 or more servings (8 oz each)</p>	<p>Homogenized, low fat, skim, Evaporated or dry milk powder, Buttermilk</p>	<p>None</p>
<p>Beverages</p>	<p>Water as desired</p> <p>Weak tea, carbonated beverages, fruit drinks</p>	<p>Postum</p> <p>Beer, whiskey</p>
<p>Miscellaneous</p>	<p>Salt (iodized), sugar, honey, jelly, syrup, hard candy, chocolate, cocoa</p> <p>Catsup, mustard, pepper, spices, herbs</p> <p>Pickles, olives, popcorn,</p>	<p>Sauces thickened with wheat flour</p> <p>Pretzels</p> <p>Accent®</p> <p>Many commercial candies</p>

	vinegar, cornstarch	contain wheat products: candies with cream centers, prepared chocolates, some brands of yeast, soy sauce (read label)
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### Substitutions

If your allergy is limited to wheat flour, you may be able to substitute other types of flour in cooking and baking.

#### Substitutions for 1 tablespoon of wheat flour:

- ½ tsp cornstarch
- ½ tsp potato starch flour
- ½ tsp arrowroot starch
- ½ tsp rice flour
- 2 tsp quick-cooking tapioca

#### Substitutions for 1 cup of wheat flour

- ½ cup barley flour
- 1 cup corn flour
- ¾ cup oatmeal (coarse)
- 1 scant cup cornmeal (fine)
- 5/8 cup (10 tbsp) potato flour
- 7/8 cup rice flour
- 1-¼ cup rye meal
- 1-¼ cup ground rolled oats

Combinations of these flours can also be substituted for 1 cup of wheat flour and often results in a better product than one flour:

- ½ cup rye flour + ½ cup potato flour
  - 2/3 cup rye flour + 1/3 cup potato flour
  - 5/8 cup (10 tbsp) rice flour+ 1/3 cup rye flour
  - 1 cup rye flour + ¾ cup potato starch
- (Soy flour must always be combined with another flour)

#### Helpful Hints:

- When baking, wheat substitutes often require longer and slower baking times.
- Coarse flours and meals require more leavening than wheat flour: use 2-½ tsp of baking powder for each cup of coarse flour.
- Wheat flour substitutes are often better when used to make smaller portions such as muffins and biscuits, rather than loaves of bread or cakes.
- Use dry cereals such as rice flakes or corn flakes for breading chicken, chops, and fish.

Brand names are used for clarification only and do not constitute an endorsement.

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