



## Wheat Allergy

Please note, a food allergy to wheat is **NOT** the same as a gluten intolerance. A wheat allergy happens when your body produces antibodies to proteins found in wheat. Gluten intolerance is not an allergy, in that no antibodies are produced, even though you may have side effects after ingesting gluten. Some patients with certain symptoms of gluten intolerance may need to be tested for Celiac Disease, which is an autoimmune disorder. Testing is completed by a GI specialist and is performed **before** eliminating gluten from the diet because these tests may be falsely negative if performed while on a gluten-free diet. Treatment is lifelong avoidance of gluten.

When reading food labels, keep in mind gluten-free is **NOT** the same as wheat-free. These terms are not interchangeable. Gluten is also found in barley and rye so products labeled “wheat-free” may still have gluten in them. Conversely, a product may be labeled “gluten-free” and contain wheat starch. When choosing your foods, you should always read food labels in their entirety to determine if wheat is present.

### Wheat may be found in:

- Alcohol: Ale, Beer, Gin, Vodka, Whiskey
- Baked goods
- Baking mixes
- Batter-fried foods
- Beverages: Ovaltine, malted milk, coffee substitutes
- Bouillon cubes
- Breaded foods
- Breakfast cereals
- Candy
- Chocolate
- Crackers
- Gravies
- Hot dogs
- Imitation crab meat
- Ice cream
- Ice cream cones
- Marinara sauce
- Meat patties
- Play dough
- Potato chips
- Processed meats
- Rice cakes
- Salad dressings
- Sauces
- Sausages
- Soups
- Swiss steak
- Turkey patties

### Wheat Substitutes:

Look for other grains such as amaranth, barley, corn, oat, quinoa, rice, rye and tapioca. Buckwheat is not related to wheat and is considered safe to eat.

### One Cup Wheat Flour Equals:

- 2/3 cup oat flour
- 1 1/3 cup rolled oats
- 1 cup rye meal
- 1 ¼ cup rye flour
- 7/8 cup rice flour
- 5/8 cup potato starch flour
- ¾ cup soy flour
- ½ cup barley flour
- 1/3 cup potato flour + 5/8 cup rice flour
- ¾ cup cornmeal
- ½ cup potato flour + ½ cup rye flour

\*\*\*Note: When cooking with one of these substitutes, you may need to cook at a lower temperature for a longer time.

### One Tablespoon Wheat Flour Equals:

- 2 tsp quick tapioca
- ½ Tbsp arrowroot
- ½ Tbsp rice flour



## WHEAT FREE FLOURS

ALMOND FLOUR—Made from almonds. Shelf life is 1 year.

AMARANTH FLOUR—Made from amaranth plant. Shelf life is 4 months.

ARROWROOT—Grown from the root of a West Indian plant. Shelf life is 2-3 years.

GARBANZO BEAN FLOUR—Ground from garbanzo beans (chickpeas). Shelf life is 6 months.

GARFAVA FLOUR—Milled from garbanzo beans and fava beans. High in protein and nutrients. Shelf life is 6 months.

ROMANO BEAN FLOUR—Milled from the Romano bean (Italian string bean). The flour is high in fiber and protein. Shelf life is 10 months.

BUCKWHEAT FLOUR—Ground from buckwheat (related to rhubarb). Shelf life is over 1 year.

CORNSTARCH—Refined starch from corn. Shelf life is over 1 year.

CORNMEAL—Ground from corn. May be obtained in yellow and white forms. Shelf life 1 year.

CORN FLOUR—Milled from corn to a finer texture than cornmeal. Shelf life is 9-12 months.

OAT FLOUR—Made from ground oats. Shelf life is 18 months.

POTATO STARCH FLOUR—Made from processed potatoes. This is a good thickening agent. Shelf life 6-8 months.

POTATO FLOUR—Made from cooked, dried potatoes. Shelf life is 6-8 months.

QUINOA FLOUR—Made from quinoa grain. Shelf life is 6 months.

WHITE RICE FLOUR—Milled from polished white rice. Bland flavor. Not very nutritious. Shelf life is 6 months room temperature and 1 year in the freezer.

BROWN RICE FLOUR—Milled from unpolished brown rice. Higher in nutrient value than white rice flour. Shelf life is 6 months room temperature and 1 year in the freezer.

SWEET RICE FLOUR—Made from glutinous rice. This is a good thickening agent. Shelf life is 6-8 months.

SORGHUM FLOUR—Ground from sorghum grain. This is seldom used alone. Shelf life is 6 months.

SOY FLOUR—Milled from soybeans. Has high protein and fat content. Shelf life is 1 year.

TAPIOCA FLOUR—Made from the root of the cassava plant. Shelf life is 2 months room temperature and 4 months in the freezer.

OTHERS—Millet and Teff flours are also available. These have a shorter shelf life than other flours.