



## WHEAT Allergen Card



### Any food containing wheat must be avoided including\*:

Baked/bakery foods (e.g. cakes, biscuits, muffins, pastries, crackers, bread, pies, slices)	Kamut® Khorasan wheat Liquorice Matzoh Pancakes Pasta Pastry Pizza Rusks
Bran	Seitan
Breadcrumbs	Semolina
Bulgur	Spelt
Burghul	Tabouleh
Couscous	Triticale
Cracker meal	Waffles
Crumbed foods	Wheat (bran, flour, germ, flakes, sprouts)
Durum	Wheat meal
Einkorn	Wheat starch
Emmer	Whole wheat berries
Farina	Wraps
Farro	
Flour#	
Freekeh	
Gluten	

#All-purpose, bread, Atta, durum, cake, enriched, graham, high gluten, high protein instant, multigrain, pastry, plain, self-raising, soft wheat, spelt, steel ground, stone ground, whole meal, whole wheat.

Please note: Most playdough contains wheat.

**\*This is not a complete list of ingredients to avoid but is intended as a helpful aid for living with wheat allergy. It is NOT meant to replace medical advice given by your doctor.**

### Products and foods which might contain wheat include:

Baking mixes/ powder	Icing/iced foods
Battered fried foods	Instant drink mixes
Beer	Lollies and confectionery
Breakfast cereals	Malted milk
Canned soups/ stocks	Marshmallow
Chips	Mayonnaise
Chocolate	Meat/seafood substitutes
Cold/ processed meats	Mustard
Corn chips	Noodles
Cornflour (from wheat)	Processed meats
Crisps	Sauces/gravy mixes
Flavouring (natural/ artificial)	Soy sauce
Gravy	Starch (e.g. modified, vegetable, gelatinised)
Hydrolysed vegetable protein	Stock cubes
Ice cream	Surimi
Ice cream cones	Vegetable gum/starch

Check when purchasing food that may be cooked in oil e.g. chips, that the oil has not been contaminated by cooking wheat.

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## FOOD ALLERGY SAFETY

**Avoidance of the food allergen is crucial if you are food allergic. There are many strategies you can put in place to help reduce the risk of an allergic reaction including anaphylaxis.**

### When eating away from home:

- Plan ahead; educate those around you.
- Tell wait staff and/or food preparation staff about your food allergy. When you tell wait staff about your allergy, consider giving them an A&AA Chef Card, a helpful tool to help you communicate your allergy. Scan the QR code below for Chef Card information.
- Have an appropriate snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share food.
- Do not share straws, cups, cutlery and other food utensils.
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline injector with you. No Adrenaline = No Eat!

### When buying packaged food:

- Always read the ingredient list on the food label, even if the product has been purchased and eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Call food manufacturers and ask about food ingredients if you are unsure about a product.
- Note: Warning statements such as "May contain..." are voluntary.
- Australian labelling requires all common allergens to be listed on the food label.

### Allergens found in other products:

- Check cosmetics, lotions, shampoos, soaps, moisturisers and products used on the skin for food allergens.
- Check medications (prescribed and over the counter), supplements, herbal medicines and alternate therapies for food allergens.
- Check pet food for food allergens (e.g. bird seed for peanut and tree nuts, cat food for fish).

Scan the QR code for more information or call 1300 728 000 or visit [www.allergyfacts.org.au](http://www.allergyfacts.org.au)



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