

# WHEAT Allergen Card



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

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

#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.

## Products and foods which might contain wheat include:

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

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

# 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)**