

WHEAT Allergen Card



Ingredients to avoid if you are allergic to wheat*:

Atta flour
Bran
Breadcrumbs
Bulgar
Burghul
Couscous
Cracker meal
Durum
Farina
Flour*
Gluten
Graham flour
Kamut
Matzoh
Pasta
Seitan
Semolina
Soy sauce
Spelt
Tabouleh
Triticale
Wheat+
Whole wheat berries

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

+Bran, germ, flakes, sprouts

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

Products which might contain wheat include:

Baked goods (eg bread, cakes, donuts, muffins)
Baking mixes/powder
Battered fried foods
Biscuits
Beer
Breakfast cereals
Canned soups/stocks
Chips
Chocolate
Corn chips
Crisps
Crumbed foods
Flavouring (natural/artificial)
Gravy
Hydrolysed vegetable protein
Ice cream
Icing sugar
Ice cream cones
Instant drink mixes
Lollies
Malted milk
Marshmallow
Mayonnaise
Mustard
Noodles
Pancakes
Pasta
Pastry
Pizza
Playdough
Processed meats
Sauces/gravy mixes
Snack foods
Soy sauce
Starch (eg modified, vegetable, gelatinised)
Stockcubes
Surimi
Vegetable gum/starch
Waffles
Wrap

*This is not a complete or comprehensive 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.

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Australia**

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