

the children's hospital at Westmead

Wheat Free Diet

It is important to use common sense and read food labels carefully.

Avoid the following ingredients:

- Wheat flour
- Wheat meal
- Wheat-based baking powder
- Starch
- Gluten
- Durum flour
- Spelt
- Kamut
- Wheat bran
- Wheat starch
- Wheat germ
- Triticale
- Processed bran cereal eg. All Bran
- Cornflour (unless 100% maize)
- Bread crumbs
- Couscous
- Burghul (cracked wheat)
- Semolina
- Bulgur
- Textured vegetable protein (TVP)
- Wheat malt

Thickener: No. 1400 – 1450 (derived from wheat)

Foods likely to contain wheat are:

- Bread and pasta
- Cakes and biscuits
- Processed meats (sausages), frozen dinners
- Sauces, gravies, soy sauce
- All packaged foods, eg desserts

Foods which may contain wheat are:

- Confectionery
- Baby foods
- Canned & frozen fruit and vegetables
- Breakfast cereals

Wheat Free Cooking Tips

Instead of wheat use rice, corn, potato, rye, oats, soybean, buckwheat, millet and arrowroot. These grains are different to cook with from wheat flour. The hints listed below may be helpful.

- Soya flour combined with cornflour works quite well as a substitute for wheat flour in biscuits, chocolate cakes and fruit cakes (see substitute 1 below).
- Rice flour may be used in muffins, biscuits and some cakes (see substitute 3 and 5 below).
- Try Asian food stores for rice products such as rice vermicelli, rice sticks, rice paper.
- Try Pavs Allergy Bakery (02 98297811) for wheat free bread.
- Orgran Gluten free bread mix (available from health food shops and supermarkets)

Substitutions for 1 cup (150g) wheat flour:

1. ½ cup cornflour or arrowroot plus 1/2 cup soya flour
2. ½ cup soy flour and ½ cup potato flour
3. ¾ cup rice flour
4. ½ cup buckwheat flour and ½ cup cornflour
5. ½ cup soy flour, ¼ cup potato flour and ¼ cup rice flour

Recommended Cook Books

"Wheat Free World" by Lola Workman
Wheat Free Cooking by Ruby Brown

For more information

- Contact your Dietitian _____
Dept of Nutrition and Dietetics. Phone: 9845 2225
- Australian Society of Clinical Immunology and Allergy (ASCIA) www.allergy.org.au



WHEAT FREE PRODUCTS

<p>Cereals, grains, flours Rice (white, brown); rice bran; rice flour; rice noodles; rice vermicelli; rice pasta; rice cereals -</p>	<ul style="list-style-type: none"> • <i>Sanitarium Puffed Rice, Lowan Wholegrain Riceflakes, Happy Human Puffed Rice, Abundant Earth Rice Puffs & Millet Puffs, Pureharvest Puffed Brown Rice, Univas Rice Flakes, Healtheries Rolled Rice, Selected Foods Rolled Rice, Good Morning Brown Rice Puffs, Good Morning Rice, Millet and Buckwheat Puffs, Savings Rice Pops, Natures Natural Puffed Rice, Lundberg oven roasted brown rice baby cereal</i> • Potato flour • Arrowroot flour • Buckwheat (grits, raw, roasted, cracked, flour) • Buckwheat pasta • Buckwheat Puffs (<i>Good Morning</i>) • Buckwheat pancake Mix s* (<i>Orgran</i>) • Millet (hulled, unhulled, flour, flakes, meals, puffed) (<i>Good Morning Millet Puffs</i>) • Amaranth • Quinoa • Sago • Tapioca • Cornflour - maize-derived (<i>Wades, Farmland, Helios, White Wings</i>) • Xanthum gum • Guar gum • Psyllium Husks • Besan (chickpea) flour • Sorghum
<p>Baking Mix or flour</p>	<p>Gluten Free Wheat Free Multipurpose (<i>Country Harvest, Freedom Foods</i>), Gluten Free SR, Plain and Baking Flour (<i>Casalere</i>) Plain and SR Flour (<i>Orgran</i>)</p>
<p>Breadcrumbs</p>	<p>All Purpose Crumbs (<i>Freedom Foods</i>) Rice Crumbs (<i>Casalere</i>)</p>
<p>Cake Mix</p>	<p>Gluten/Wheat Free (<i>Country Harvest</i>)</p>
<p>Breads</p>	<p>Rice Bread Mix (eg, <i>Abundant Earth Brown Rice</i>) Homestyle Bread Mix (<i>Country Harvest</i>) High Fibre Bread Mix (<i>Country Harvest</i>) Loaf Mix (<i>Freedom Foods</i>) Gluten free bread or mix (<i>Basco</i>) Gluten free bread or mix (check ingredients) (<i>Pavs, Peter and Vicki's, Allergy Free Bakery</i>) Easy bake gluten free bread mix (<i>Orgran</i>)</p>
<p>Biscuits</p>	<p>Rice cakes - plain, millet, or buckwheat Mini Carob Rice Cakes (<i>Freedom Foods</i>) Carob Rice Crispbreads (<i>Freedom Foods</i>) Rice and Millet Crispbreads (<i>Orgran & Pure Harvest</i>)</p>
<p>Pastry</p>	<p>Pizza & Pastry multi-mix (<i>Orgran</i>) Pav's pizza base</p>
<p>Pancakes</p>	<p>Buckwheat Pancake Mix (<i>Orgran</i>) Pancake & Scone Mix (<i>Country Harvest</i>)</p>
<p>Pasta</p>	<p>Rice & Millet and Buckwheat Spirals (<i>Orgran</i>) Brown Rice Rigati (<i>Orgran</i>) Rice Spiral Pasta & Rice Spaghetti (<i>Orgran</i>) Rice and Soy Lasagne (<i>Orgran</i>) Legume Soup Shell Pasta (<i>Orgran</i>) Wheat Free/Gluten Free Spaghetti & Lasagne (<i>Orgran & Freedom Foods</i>) Gluten Free Pasta's (<i>Casalere</i>) Rice and Rice & Legume Pasta (<i>Freedom Foods</i>)</p>