Caring for Your Child
Reading Labels for a Wheat-Free Diet

Wheat is considered a major food allergen under the Food Allergen Labeling and Consumer Protection Act of 2006. All food products which contain wheat as an ingredient must list the word “wheat” on the product label. For more information about food labeling laws, go to www.foodallergy.org.

If you are unsure about any product, confirm ingredients with the manufacturer or discuss with your allergist before using.

Avoid these Foods and Ingredients:

- bran
- bread crumbs, breaded foods
- bulgur
- cereals containing wheat, cream of wheat
- couscous
- cracker meal
- durum, durum flour
- einkorn
- emmer
- flour (all purpose, bread, cake, enriched, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)
- farina
- gluten
- graham crackers, graham flour
- kamut
- matzoh, matzoh meal
- pasta
- seitan
- semolina
- spelt
- triticale
- vital gluten
- wheat (bran, germ, gluten, malt, starch)
- wheat grass
- whole wheat berries
Ingredients that *may* contain Wheat Protein

- gelatinized starch
- gravies made with wheat flour
- hydrolyzed vegetable protein
- modified food starch
- modified starch
- natural flavoring
- soy sauce
- starch
- vegetable gum
- vegetable starch