Wheat Allergies

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**Wheat and gluten – containing products:**

* White flour, all – purpose flour, whole wheat flour
* Durum wheat, semolina (refined durum)
* Grains: bran, barley, Farina, Kamut
* Cracked wheat: bulgur, couscous, graham
* Spelt, a form of wheat
* Triticale, a wheat/rye blend
* Wheatgrass, both juice and powder
* Polenta, an Italian cornmeal dish

**On a food label, these words indicate wheat:**

Starch, food starch, modified starch, corn starch, wheat protein wheat berries, wheat bran, wheat starch, cereal filler, thickener, finder, hydrolyzed vegetable protein, hydrolyzed protein, monosodium glutamate (MSG)