

# WHEAT FREE ALTERNATIVES



Gluten free

## Cereal & grain

Maize (corn), maize (corn) flour, potato, potato flour, rice, rice flour, soya beans, soya flour, millet, buckwheat, sago, tapioca, quinoa, arrowroot, gram (chickpea) flour and lentil flour. Chickpeas, beans and lentils are good fillers and can be added to soup.

Wheat-free pasta is available in large supermarkets and health food stores.

Baking powder, Bicarbonate of soda, cream of tartar.

## Meat & fish

All fresh and frozen meats and fish without coatings.

## Desserts

Rice, sago or tapoca puddings, jellies, sorbets, gelatine or vege-gel based desserts.

## Seasonings, sauces & condiments

Pure spices, salt, freshly ground pepper, french mustard. Home-made mayonnaise and dressings. Sauces prepared with cornflour or other alternative flour.

## Additional Information on a Wheat – Free Diet

Other names for wheat products that may be listed on labels:

- Durum wheat, spelt (triticum spelta), kamut (triticum polonicum)
- Couscous
- Bran, wheat bran, wheat germ, wheat gluten
- Farina
- Rusk
- Flour, wholewheat flour, wheat flour, wheat starch
- Starch, modified starch, hydrolised starch, food starch, edible starch
- Vegetable starch, vegetable gum, vegetable protein
- Cereal filler, cereal binder, cereal protein.