



# WHEAT FREE LIVING



Wheat intolerance differs from coeliac disease. Coeliac disease is a lifelong intolerance to gliadin, part of the gluten proteins that are a large part of the grain of wheat, rye and barley. It causes damage to the small intestine and many other symptoms and tends to run in families. Strict adherence to a gluten-free diet brings complete resolution of symptoms.

Those with wheat intolerance will still experience adverse symptoms from gluten free products, as the remaining part of the wheat will be affecting them. They may, or may not, be able to eat rye, barley and oats, that are part of the wheat family. As with many other food intolerances, they may be able to reintroduce wheat back into the diet after a period of elimination.

## **Foods containing, or possibly containing, wheat**

### **Bread and baked foods**

All loaves, including pumpernickel, and rolls unless specifically stated. Many "rye" and "corn" loaves contain some wheat. Pitta, crumpets, muffins, tortillas, and tacos (should be corn but mostly wheat in UK), doughnuts, cakes, cookies, biscuits, crackers, croutons, packet snacks, rusks, waffles, pancakes, crepes, pizzas, pretzels, breadsticks, communion wafers, pasta and pastry. Also yorkshire pudding, suet pudding and many other puddings.

### **Cereals**

Most cereals will contain some wheat. The exceptions are porridge oats, corn flakes, rice krispies and granola. Always read the labels.

### **Flour and pasta**

All of these will contain some wheat unless stated to be wheat free or buckwheat, which is not from the wheat family.

### **Meat and Fish**

Burgers, rissoles, salami, sausages, corned beef, luncheon meat, liver-sausage, continental sausages, pates, meat and fish pastes and spreads, ham, fish and scotch eggs coated with breadcrumbs.

### **Vegetable products**

Vegetable pates and spreads, vegetables coated in breadcrumbs, e.g. onion rings, vegetables tempura, tinned beans, (also tinned spaghetti, often grouped with vegetables), soups and tinned and packet snack or ready prepared foods.

### **Sauces and condiments**

Gravy, packet and jar and bottled sauces, casserole and ready-meal mixes, stock cubes and granules, ready prepared and powdered mustard, stuffing, baking powder, monosodium glutamate, some spice mixes (check label).