

Wheat Allergy

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WHAT IS WHEAT ALLERGY?



Wheat allergy is a reaction to wheat or foods that contain wheat products. Sometimes this is called “gluten intolerance” or “celiac disease.” Gluten is a substance found in wheat, barley, oats, and rye.

WHAT ARE THE SYMPTOMS OF WHEAT ALLERGY?

Symptoms include:

- Severe gas
- Bloating
- Diarrhea
- Stomach pain
- Muscle cramps
- Joint pain
- Fatigue

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- Irritability
- Depression

People with celiac disease or gluten intolerance can become malnourished. They can also develop diseases such as cancer, osteoporosis, anemia, and seizures.

WHAT FOODS SHOULD I AVOID?

You can manage your gluten intolerance by avoiding all products that contain gluten. You need to read product labels carefully so that you do not eat any foods with wheat or gluten.

Many foods contain wheat or gluten. These include:

- Breads
- Bread crumbs
- Pastas
- Cereals
- Cookies
- Cakes
- Crackers
- Cracker meal
- Grains
- Bran
- Alcohol

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These foods also contain wheat:

- Durum flour
- Couscous
- Semolina
- Farina
- Spelt
- Kamut
- Bulgur
- Soy sauce

Other foods that might contain gluten include:

- Vegetable cooking spray
- Tomato paste
- Tomato sauce
- Gravy
- Veined cheeses, such as Roquefort and blue cheese
- Imitation seafood
- Instant coffee
- Flavored coffee
- Teriyaki sauce

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- Processed foods
- Dried and canned soups
- Ice cream
- Ground spices

Do not eat foods with these names on the ingredient label:

- Dextrin
- Malt
- Maltodextrin
- Fillers
- Natural flavoring
- Hydrolyzed vegetable protein (HVP)
- Hydrolyzed plant protein (HPP)
- Triticale
- Cereal extracts
- Gluten

Also watch out for foods that contain starch, which might be made out of wheat. Don't eat modified food starch (unless label specifies source, such as "from corn") or vegetable starch.

Caution: Products labeled "wheat-free" still might have gluten. Read labels carefully!

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WHAT ARE SOME OTHER SOURCES OF GLUTEN TO AVOID?

Be careful when you take vitamins and medication because many contain gluten. Ask your doctor or call the manufacturer before taking vitamins and medications to find out if they contain gluten.

Glue on envelopes and postage stamps contain gluten. Do not lick these items! Use water instead.

Some cosmetics, lotions, and toothpastes contain gluten. Check all labels carefully.

Chewing gum may also contain gluten.

WHAT FOODS ARE SAFE TO EAT?

Many foods are safe to eat! You can enjoy fresh vegetables, fruits, meats, and fish. You can also eat dried beans, dried peas, chickpeas, corn, and rice. Milk and yogurt are safe, too.

Check labels carefully before eating any canned or processed foods. Some may not contain gluten and are safe for you to eat.

You CAN eat bread and pasta, as long as they are made with special flour. Flour that is good to bake with and safe to eat includes carob flour, corn flour, nut flour, potato flour, rice flour, sorghum flour, or soy flour.

Many companies make gluten-free products. You can find them in the grocery store and health food stores.