

WHEAT

Wheat is often called the following:

Bran, Bulgur, Cereal extract, couscous, cracker meal, durum, farina, gluten, kamut, matoh, seitan, semolina, spelt, whole wheat berries.

COMMON SOURCES OF WHEAT: If there is any question regarding a prepared food, read the label.

1. Baby foods: mixed cereal, cookies, teething biscuits, prepared puddings and custards.
2. Beverages: coffee substitutes, malted drinks, beer, Ovaltine, and Postrum.
3. Breads: whole wheat, graham, gluten and white breads, rolls, muffins, and biscuits; doughnuts, popovers, sweet rolls, Johnny cake, pancakes, waffles, poptarts, pretzels, zwieback, crackers; rice, potato, and soybean breads rolls, muffins, and biscuits; corn and rye breads.
4. Breaded foods: bread crumbs and batter.
5. Candy: read labels carefully.
6. Cereals: Cream of Wheat, Pablum, Grapenuts, Farina, Ralston's Pep, Mead's cereal, Wheaties, Puffed Wheat, Bran, and Shredded Wheat.
7. Desserts: cakes, doughnuts, dumplings, pastries, sherbets, ice cream, ice cream cones, custards, cookies, pies, puddings.
8. Flours: white, bread, all-purpose, cake, pastry, self-rising, wheat, whole wheat, cracked wheat, graham, enriched; durum, phosphates; wheat germ, bran, farina, semolina; cracker meal, bread crumbs and malt.
9. Meats (poultry, seafood, beef): sausage, hamburger, or meatloaf (wheat filler); bread and cracker stuffing, chili con carne, croquettes, Wiener schnitzel.
10. Pasta: macaroni, spaghetti noodles, vermicelli, and raviolis.
11. Salad dressing: any salad dressing thickened with wheat flour.
12. Sauces: gravies, butter sauces, cream and white sauces.
13. Soups: chowders, soups (Campbell's chicken soup), and bisques.
14. Vegetables: any vegetable prepared with sauce thickened with wheat flour; canned baked beans.

ALTERNATIVES:

1. Rice flour, cornstarch or tapioca may be used to thicken soups, gravies or sauces.
2. As a substitute for hot wheat cereal, you may use cornmeal much, oatmeal or Cream of Rice.
3. As a dry cereal you may use corn flakes, Rice Krispies, puffed rice and rice flakes.
4. The ONLY bread substitute easily purchased which you may use is Ry-crisp Crackers. If desired, rice cookies and wheat-free soy bean bread may be used.

NUTRITIONAL LOSS FROM ELIMINATING WHEAT

1. Folate, Iron, Niacin, Riboflavin, Thiamin

ALTERNATIVE SOURCES OF LOST NUTRIENTS

1. Folate: liver, legumes, fruits, leafy green vegetables
2. Iron and Riboflavin: meat, poultry, fish, eggs, legumes, leafy greens
3. Niacin: fortified yeast, meats, poultry, fish
4. Thiamin: liver, pork, legumes, seeds, tree nuts