

Village Health Clinic

Naturopathic Medical & Midwifery Care

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Wheat Free Diet

A wheat free diet requires elimination of all wheat products. This type of allergy involves a reaction to the proteins in wheat, namely gluten. With a wheat free diet only conventional wheat products are avoided not ancient wheat grains such as spelt or kamut. The wheat free diet can be difficult to achieve since many processed foods contain wheat flour as a filler. The following items may contain wheat.

Bulgar wheat*	Luncheon meats	Salad dressings	Cereals
Couscous*	Weiners	Sauces	Breads
Flour*	Meat loaf	Soy sauce	Flour tortillas
Durum*	Sausage	Gravies	Biscuits
Hydrolyzed Vegetable Protein* (HVP)	Meat or fish patties	Cheese spreads	Pancakes
Semolina*	Noodles/pasta	Soups	Waffles
Wheat Bran, germ or Starch*	Macaroni	Broths	Pastries
	Spaghetti		Crackers
			Cookies
			Puddings

**These foods definitely need to be avoided*

If in doubt, read the ingredient's label to determine if wheat or wheat gluten is added. When choosing restaurant foods, it is best to either avoid the above foods or inquire about the ingredients with the server. Most restaurants are accommodating towards specific dietary requirements so please ask your server about customizing your meal.

Alternatives to Gluten/Gliadin Containing Grains

There are many alternative to wheat products found in health food stores or in the health food section of supermarkets. This includes the following grains and flour sources: Almond, amaranth, barley, buckwheat, corn, chestnut, chickpea, flaxseed, hazelnut, kamut, pea, millet, oats, potato, quinoa, rice, rye, soy, spelt, and tapioca (may be made into flour): When cooking at home, rice, potato, soy and corn meal/flour can be substituted in breads, cereals, cakes and thickening agents.