



Wheat Allergy Avoidance List

Hidden names for wheat protein

Effective January 1, 2006, foods covered by the FDA labeling laws that contain wheat must be labeled in plain English to declare that it “contains wheat.” However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for wheat ingredients.

Products exempt from plain English labeling rules: [foods that are not regulated by the FDA](#), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.

The following ingredients found on a label indicate the presence of wheat protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Contain wheat:

All purpose flour
Bran
Bread (any type made with white flour, wheat flour), bread crumbs
Bread flour
Bromated flour
Bulgur
Cake flour
Cereal extract
Couscous
Crackers, cracker meal
Durum flour
Enriched flour
Farina
Flour
Fu
Germ
Gluten
Graham flour
High gluten flour
High protein flour
Instant flour
Malt, malt extract
Matzo, Matzoh, Matzah, Matza, matsa, matso,
Matzo meal, Matzoh meal, Matzah meal, Matza
meal, matsa meal, matso meal, matsah meal or matsoh meal

Types of wheat (common and botanical names):

Club wheat (*Triticum compactum* Host.)
Common wheat (*Triticum aestivum* L.)
Durum wheat (*Triticum durum* Desf.)
Einkorn (*Triticum monococcum* L. subsp. monococcum)
Emmer (*Triticum turgidum* L. subsp. dicoccon (Schrank) Thell.)
Kamut (*Triticum polonicum* L.)
Semolina (*Triticum durum* Desf.)
Spelt (*Triticum spelta* L.)
Triticale (x *Triticosecale* ssp. Wittm.)

Triticum: *Triticum aestivum* L., *Triticum durum* Desf., *Triticum compactum* Host., *Triticum spelta* L., *Triticum durum* Desf., *Triticum monococcum* L. subsp. monococcum, *Triticum turgidum* L. subsp. dicoccon (Schrank) Thell., *Triticum polonicum* L., and x *Triticosecale* ssp. Wittm.



Noodles
Pasta
Pastry flour
Phosphated flour
Plain flour
Seitan
Self-rising flour
Soft wheat flour
Steel ground flour
Stone ground flour
Tabbouleh



Unbleached flour
Vital gluten

Wheat, wheat berries, wheat bran, wheat flour,
wheat germ, wheat gluten, wheat grass, wheat malt,
wheat starch, wheat sprouts

White flour
Whole wheat berries
Whole wheat bread
Whole wheat flour

May contain wheat:

Artificial flavoring, natural flavoring
Caramel color
Dextrin
Food starch*
Gelatinized starch*
Hydrolyzed vegetable protein (HVP)
Maltodextrin
Modified food starch*
Monosodium glutamate, MSG
Oats (may be contaminated with wheat due to agricultural cultivation practices)
Shoyu
Soy Sauce
Surimi
Tamari
Teriyaki Sauce
Textured vegetable protein
Vegetable gum
Vegetable starch*

*Unless otherwise stated on the food label, the single word "starch" in an ingredient list means corn starch.
See: [FDA: Starches - Common or Usual Names](#)

[Print travel-size cards to help you read labels for wheat allergy](#)

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