

Wheat Allergy Avoidance List

Hidden Names for Wheat

Reviewed by Debra A. Indorato RD, LDN

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 (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN WHEAT

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

All-purpose flour

Bread — any type made with white flour, wheat flour; bread crumbs

Bulgur

Cereal extract

Couscous

Cracker meal

Einkorn

Emmer — also known as farro

Farina

Flour — atta, club, common, durum, einkorn, emmer, farina, graham, kamut, maida, semolina, spelt, triticale, triticum

Flour — all purpose, bread, bromated, cake, enriched, high gluten, high protein, instant pastry, phosphated, plain, soft wheat, steel ground, stone ground, self-rising, unbleached, white, whole wheat

Fu

Gluten — wheat gluten, vital gluten, vital wheat gluten, fu

Kamut® — khorasan wheat

Malt, malt extract

Matzo — Matzo meal (also spelled as matzoh, matzah, or matza)

Noodles, pasta

Seitan

Semolina

Spelt

Tabbouleh

Triticale

Triticum

Wheat, whole wheat — wheat berries, wheat bran, whole wheat bread, whole wheat flour, wheat germ, wheat germ oil, wheat protein isolate, wheat starch, wheat sprouts, sprouted wheat

Wheatgrass

WHEAT IS SOMETIMES FOUND IN

Artificial flavoring, natural flavoring

Caramel color

Dextrin

Food starch*, gelatinized starch, modified starch, modified food starch, vegetable starch

Glucose syrup

Hydrolyzed vegetable protein (HVP)

Maltodextrin

Monosodium glutamate, MSG

Oats**

Soy sauce, shoyu, tamari, teriyaki sauce

Surimi

Textured vegetable protein

Vegetable gum

Wheat may be an added ingredient in flours, baked goods and other products made with alternative grains, such as rice crackers.

*Unless otherwise stated on the food label, the single word “starch” in an ingredient list means corn starch. Starches from other sources should be designated by some non-misleading term that indicates the source of such starch, for example, “wheat starch.” See: **Starches Common or Usual Names (FDA)** tinyurl.com/FDAStarches

**Wheat-free and gluten-free oats can be found from special suppliers.

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Rev. March 2015



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TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

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. Print and share copies of this list to assist people who shop or label read for your wheat allergic child.

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CUT

CONTAIN WHEAT

Bread (any type made with white flour, wheat flour; bread crumbs)	bromated, cake, enriched, high gluten, high protein, instant pastry, phosphated, plain, soft wheat, steel ground, stone ground, self-rising, unbleached, white, whole wheat)	Noodles, pasta
Bulgur	Fu	Seitan
Cereal extract	Gluten (wheat gluten, vital gluten, vital wheat gluten, fu)	Semolina
Couscous	Kamut® (khorasan wheat)	Spelt
Cracker meal	Malt, malt extract	Tabbouleh
Einkorn	Matzo (matzo meal, matzoh, matzah, matza)	Triticale
Emmer (farro)		Triticum
Farina		Wheat, whole wheat, wheat berries, wheat bran, whole wheat bread, whole wheat flour, wheat germ, wheat germ oil, wheat protein isolate, wheat starch, wheat sprouts, sprouted wheat
Flour and types of flour (all-purpose flour, atta, club, common, durum, einkorn, emmer, farina, graham, kamut, maida, semolina, spelt, triticale, triticum, bread,		Wheatgrass

FOLD

WHEAT IS SOMETIMES FOUND IN

Artificial flavoring, natural flavoring	Maltodextrin
Caramel color	Monosodium glutamate, MSG
Dextrin	Oats
Food starch, gelatinized starch, modified starch, modified food starch, vegetable starch	Soy sauce, shoyu, tamari, teriyaki sauce
Glucose syrup	Surimi
Hydrolyzed vegetable protein (HVP)	Textured vegetable protein
	Vegetable gum

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