



# WHEAT ALLERGY Chef Cards

Take all food allergies seriously. • Read all ingredient labels.

Wheat can appear on food labels under many different names. To avoid wheat in foods and other products, it helps to learn the different names of wheat. If you see these ingredients on a label or menu, it means it contains wheat protein and is not safe for someone with wheat allergy. If the product is regulated by the Food and Drug Administration (FDA), the word "wheat" must appear on the label.

When you eat out, use these chef cards to let the restaurant staff know how to help you avoid allergic reactions to wheat.

**I have a wheat allergy!**  
**I must avoid all foods that contain wheat.**

**Contains Wheat**

All-purpose flour	Flour	Noodles, pasta
Bread	Freekeh, frikeh, farik	Seitan
Bulgur	Fu	Semolina
Cereal extract	Gluten	Spelt
Couscous	Hydrolyzed wheat protein	Tabbouleh
Cracker meal	Kamut® – khorasan wheat	Triticale
Einkorn	Malt, malt extract	Triticum
Emmer	Matzo	Wheat, whole wheat
Farina		Wheatgrass
Farro		

**Wheat Is Sometimes Found in**

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

Please check all foods for the ingredients on this card, including cooking oils, marinades, sauces, and seasonings. Use separate and clean utensils, equipment, surfaces, and gloves.

**KFA** Kids with Food Allergies For more detailed information and a list of resources, please visit: [kidswithfoodallergies.org/wheat](http://kidswithfoodallergies.org/wheat)  
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**CHEF: FOOD ALLERGY ALERT**

**I have food allergies!**  
In order for me to avoid an allergic reaction, I **must avoid** all food that contain:

<input type="checkbox"/> Milk	<input type="checkbox"/> Egg	Other Allergens: _____
<input type="checkbox"/> Peanut	<input type="checkbox"/> Tree Nuts	_____
<input type="checkbox"/> Wheat	<input type="checkbox"/> Gluten	_____
<input type="checkbox"/> Sesame	<input type="checkbox"/> Soy	_____
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	_____

**Before preparing my food, please take these steps to help keep me safe. I appreciate you!**

- Read labels to look for the allergens listed on the front of this card. Please check all foods including cooking oils, marinades, sauces and seasonings.
- Please use separate and clean utensils, equipment and surfaces to prepare my meal.
- Wash hands with soapy water and change gloves.

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