

Food Allergy: Wheat

Be Aware

- Rice and oats are often given to children first because they are less likely to cause an allergic reaction. After the child appears to tolerate oats is when wheat is given.
- Wheat is the grain often most associated with allergies, although this allergy is fairly rare.
- Wheat allergies are most common in children, and individuals usually grow out of a wheat allergy by the age of three.
- Oats are often exposed to wheat during processing.
- Buckwheat is not related to wheat and is safe.

Sources: The American Academy of Pediatrics, Food Allergy Research and Education, Kids with Food Allergies

Avoid Foods that Contain Wheat or Any of These Ingredients

- Bread crumbs
- Bulger
- Cereal extract
- Couscous
- Cracker meal
- Durum
- Einkorn
- Emmer
- Farina
- Flour
- Kamut
- Matzoh, matzoh meal
- Psta
- Sietan
- Semolina
- Selt
- Triticale
- Glucose syrup
- Soy sauce
- Starch
- Surim

Source: Food Allergy Research and Education

Unexpected Sources of Wheat

- Ale
- Asian dishes
- Baked good
- Baking mixed
- batter -fried foods
- Beer
- Breaded foods
- Breakfast cereals
- Candy
- Country-style wreaths made with wheat products
- Hot dogs
- Imitation crab
- Icecream
- Marinara sauce
- Play dough
- Potato chips
- Processed meats
- Rice cakes
- Salad dressings
- Sauces
- Soups
- Turkey patties