

WHEAT-FREE DIET

Diet Characteristics: All forms of wheat are omitted.

Foods to Avoid:

Beverages – beer; Cocomalt; eggnog; coffee substitutes; instant coffee unless 100% coffee; gin; malted milk; whiskey; Postum; Ovaltine.

Bread, Crackers and Rolls – all breads containing wheat, including pumpernickel, rye, oatmeal, and corn; baking powder biscuits; crackers; gluten bread; griddle cakes; hot breads and muffins; matzoth; pretzels; rusk; waffles; zweiback.

Cereals – all cereals, dry or cooked, containing wheat, whole wheat, farina or bran *.

Desserts – cakes; cookies*; doughnuts; frozen pies; pies; chocolate candy; candy bars; custards and puddings; ice cream; ice cream cones; popovers.

Flour – all-purpose, graham, white, whole-wheat, gluten flour, some buckwheat, corn, lima beans, rice, soy and rye flours (check labels).

Gravies and Sauces – thickened with flour.

Meats – canned meat dishes such as stews; chili; frankfurters; luncheon meats or sausage in which wheat has been used as a filler; meat dishes prepared with bread, cracker crumbs or flour, such as croquettes and meatloaf; stews thickened with flour or made with dumplings; stuffings and commercial stuffing mixes.

Pastas – macaroni; noodles; spaghetti; vermicelli, etc...

Salad Dressings – thickened with flour.

Soups – bouillon cubes; commercially canned soups.

*Read labels as some are wheat-free.

Key Words to Look For on Labels:

Wheat, flour, wheat germ, bran, graham flour, farina, semolina, food starch, wheat starch, gluten, modified food starch, vegetable starch, vegetable gum.

Hints for Success with Wheat-Free Recipes:

Persons allergic to wheat, but not specifically gluten, can include rye, oats and barley in their diet as well as the other non-wheat flours listed for gluten-free diets.

The following tables will help in making substitutions for wheat flour in new recipes. Remember, don't expect all products to be acceptable the first time.

CORE HEALTH
NATUROPATHIC WELLNESS CENTER

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Substitutes for 1 cup of wheat flour used in baking:

- 1 cup purified wheat starch
- 5/8 cup potato starch flour (10 tablespoons)
- 7/8 cup rice flour
- ½ cup soy flour plus ½ cup potato starch flour
- 1 cup corn flour
- 1 scant cup cornmeal (fine)
- ¾ cup cornmeal (coarse)
- ½ cup barley flour
- 1-1/3 cups oat flakes
- 1-1/4 cups rye flour
- 1 cup tapioca

Substitute for 1 tablespoon wheat flour to be used in thickening sauces, gravies, and puddings:

- ½ tablespoon cornstarch
- 1 tablespoon waxy rice or cornstarch
- ½ tablespoon potato starch flour
- ½ tablespoon rice starch
- ½ tablespoon arrowroot starch
- 1 tablespoon quick-cooking tapioca
- 2 tablespoons granular cereal
- 1 whole egg, 2 egg whites or 2 egg yolks