



Allergy Section

How to Read a Label for a
WHEAT-FREE DIET

Avoid foods with these ingredients:

Bran
Bread crumbs
Bulgur
Cereal extract
Couscous
Cracker meal
Durum, durum flour
Enriched flour
Farina
Gluten
Graham flour
High gluten flour
High protein flour
Seitan
Semolina
Soft wheat flour
Spelt
Vital gluten
Wheat (bran, germ, gluten, malt, starch)
Whole wheat berries
Whole wheat flour

Label ingredients that may indicate the presence of wheat protein

Gelatinized starch	Soy sauce
Hydrolized vegetable protein	Starch
Modified food starch	Vegetable gum
Modified starch	Vegetable starch
Natural flavoring	