

## Living Wheat-Free Guidelines

Foods	Usually Tolerated	Not Recommended
Beverages	Coffee, decaffeinated coffee, tea, fruit juices, carbonated beverages, all milks, cocoa	Malt and cereal beverages, coffee substitutes, instant chocolate drink mixes, some whiskeys; Beverages made from wheat products: beer, ale, root beer
Milk & Milk Products	Milk, buttermilk, yogurt, cheese, some cottage cheese	Malted milk, milk drink containing powdered wheat cereal or products; Cottage cheese made with modified starch or other wheat containing ingredients
Meat, Fish, Poultry	Baked, broiled, boiled, roasted or fried: beef, veal, pork, ham, chicken, turkey, lamb, or fish; "All meat" wieners or luncheon meats prepared without wheat flour fillers or wheat products	All breaded or floured meats; Hamburgers, casseroles, croquettes, timbales, meatloaf, some processed meats such as frankfurters, sausage, luncheon meats, bologna, salami, or canned meats containing wheat fillers; Fish sticks
Eggs	Eggs prepared any way without wheat products	Soufflés or creamed eggs made with wheat products
Breads & Cereals	Ry-Krisp®, rice wafers; Pure corn, rice, arrowroot, barley, potato, or rye bread made without wheat flour or wheat products; Cornmeal, cornstarch, flours of soybean, barley, oat, rice, potato starch, or arrowroot; Oatmeal cream of rice, puffed rice, or other cereals made from pure corn, oats, or rice with no added wheat	Whole wheat, enriched, or white bread, rolls, or bread crumbs; Graham or gluten bread; Donuts, sweet rolls, muffins, French toast, waffles, pancakes, dumplings, bread stuffing, rusk, or popovers; Prepared mixes for pancakes, waffles, biscuits, breads, and rolls; Cornbread, potato, or soybean bread unless made without wheat flour or wheat products; Cereals made from farina, wheat, or added wheat products or malt
Potatoes & Other Starches	Baked, broiled, boiled, roasted or fried: white and sweet potatoes; Rice	Scalloped potatoes; Noodles, spaghetti, macaroni, and other pasta products prepared with wheat or semolina flour
Fruit	All fresh, canned, dried, or frozen fruits and fruit juices	Strained fruits with added cereals or thickened with wheat flour; fritters
Vegetables	All fresh, frozen, or canned vegetables and vegetable juices	Vegetables combined with wheat products, including scalloped vegetables
Desserts & Sweets	Custards, Bavarian creams; Oatmeal, arrowroot, rice, or rye cookies made without wheat products; Cornstarch, tapioca, or rice puddings; Fruit ices, meringues, gelatin	Cakes, pastries, commercial frosting, icing, ice cream, sherbet, ice cream cones; Cookies, prepared mixes, or packaged pudding containing wheat flour; Graham crackers, donuts

Soup	Clear bouillon, consommé, or broth; Homemade soups made without wheat products	Cream soups made with wheat flour; Soups with noodles, alphabets, dumplings, or spaghetti, or made with hydrolyzed vegetable protein; Soup thickened with extract
Fats	Butter, margarine, animal, or vegetable fats and oils, cream; and salad dressings or gravy prepared without wheat flour or products	Any salad dressing or gravy thickened with wheat flour or products
Miscellaneous	Salt, chili powder, condiments, flavoring extracts, herbs, nuts, olives, pickles, popcorn, peanut butter	Malt products, Worcestershire sauce, monosodium glutamate (MSG), meat tenderizers containing MSG, prepared Oriental food seasoned with MSG, soy sauce, some mayonnaise

Modified from Food & Allergy Anaphylaxis Network, "Common Food Allergens," <http://www.foodallergy.org/allergens.html>, accessed August 17, 2005.

Sandra Bastin, PhD, RD, LD  
Extension Food & Nutrition Specialist  
August 2005

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.