

Wheat-Free Eating

Wheat based foods AVOID	Wheat free foods
Pasta, noodles	Pasta made from rice, corn, barley or quinoa Gluten-free varieties
Breads All commercial white, brown, wholemeal and wholegrain varieties; breadcrumbs, pitta bread; most light rye breads also contain wheat flour (check the labels for ingredients)	100% dark rye * Millet Oat * Pumpernickel Spelt * Or any bread made with non-wheat flours including buckwheat, barley, soy, rice.
Cereals – most contain wheat Always read the ingredients	Oats * Puffed millet or millet flakes Rice flakes, rice bran Rice bubbles Corn flakes
Biscuits – most commercial varieties, including both sweet and savoury varieties, contain wheat	Rice biscuits, crackers Ryvita Corn cruskits
Snack foods Eg flavoured crisps	Rice crisps Vege crisps Soy crisps Fresh fruit or vegetables Hot air popped corn
Substitutes for flour in cooking: These are suitable substitutes for 1 cup of wheat flour. 1 cup barley flour 1 cup cornflour 5/8 cup potato flour 1 1/3 cup rolled oats 7/8 cup rice flour 1 cup fine cornmeal 1 cup rye flour 1 cup buckwheat flour 1 cup spelt flour	The following blend of wheat free flours makes a good general replacement and is suitable for most recipes. To make self-raising flour add 1 teaspoon wheat free baking powder to each cup of flour 250 g spelt flour 150 g buckwheat flour 100 g soy flour 200 g rice flour 100 g millet flour 100 g oat flour 100 g rye flour
Hidden sources of wheat: Luncheon meats, sausages, hamburger meat, canned fish in sauce, ice cream cones & wafers, commercial brands of cakes, biscuits, waffles, dumplings, custard powders, pasties, scones, doughnuts etc; commercial baking powder, gravies & gravox; commercial soups, sauces, relishes, chutneys. Always read the label when buying processed or packaged foods.	

* contains gluten

NB Corn is not recommended for "O" blood types