

Allergy Elimination Diet

Wheat- Free Diet

*all wheat and products made from wheat are eliminated from the diet. This includes any wheat flour (cake, whole wheat, etc.), graham flour, wheat germ, bran, farina, bread crumbs, cracker meal, or flour used as a thickening agent. All labels on foods must be read for products containing wheat or wheat products.

Types and Amounts of Food	Include	Omit
Soups (as desired)	*Bouillon, broth, consommé *Cream soups made with allowed ingredients and thickened with cornstarch or rice flour	*Soups containing noodles, alphabets, dumplings, spaghetti, or thickened with wheat flour
Meat and meat substitutes 2-3 servings (5oz. total)	*Beef, ham, lamb, liver, pork, veal, chicken, turkey *Fish, cheese, peanut butter **“All Meat” wieners or luncheon meat *Dried beans or peas *Eggs	*Floured or breaded meat or poultry *Meats containing filler, such as meatloaf, wieners, bologna, luncheon meats
Potato and potato substitutes 2 or more servings (1/2 cup each)	*White or sweet potatoes, rice	*Noodles, macaroni, spaghetti *Potatoes or rice prepared with wheat flour, such as scalloped potatoes
Vegetables 2 or more servings (1/4 cup each)	*All *Any prepared with allowed flours (include 1 serving dark green or deep-yellow vegetable daily for a source of Vitamin A)	*Any breaded or prepared with wheat flour

<p>Breads 3 or more servings</p>	<p>*Breads made from arrowroot, corn, rice, rye, potato, barley or oat flour</p> <p>*Ry-Krisp</p> <p>*Rice Sticks</p>	<p>*Bread or bread crumbs made from wheat flour</p> <p>*Wheat crackers/ Matzos</p> <p>*Doughnuts, muffins, biscuits, rolls, dumplings, pancakes, French toast</p> <p>*Bread and cracker stuffing</p> <p>*Rye bread or corn bread with wheat flour</p>
<p>Cereals 1 or more servings (1 cup each)</p>	<p>*Cereals made from corn, oats, or rice and to which no wheat has been added in manufacture</p>	<p>*Cereals containing wheat</p>
<p>Fats 3 or more servings(1 tsp. each)</p>	<p>*Butter, margarine, cream, vegetable oil, shortening, lard</p> <p>*Pure mayonnaise</p> <p>*Gravy made with cornstarch</p>	<p>*Commercially prepared salad dressings, thickened with wheat flour</p> <p>*Commercial gravy</p> <p>*Gravy made with wheat flour</p>
<p>Fruits and fruit juices 2 or more servings (1/4 cup each)</p>	<p>*Fresh, frozen or canned fruits</p> <p>*Fruit juice (include 1 serving citrus fruit or juice daily for a source of Vitamin C)</p>	<p>*Strained fruits with added cereals</p>
<p>Desserts In moderation</p>	<p>*Custard, fruit ice, gelatin, cornstarch, or rice puddings</p> <p>*Homemade cookies, cake, pie from allowed ingredients</p> <p>*Homemade ice cream, sherbet, popsicles</p>	<p>*All products made with wheat flour: cake, cookies, pie, pastries, ice cream cones</p> <p>*Commercial ice cream, sherbets</p> <p>*Frosting</p> <p>*Prepared Mixes</p> <p>*Packaged puddings</p>

Milk 3 or more servings (8 oz. each)	*Homogenized milk, low fat, skim *Evaporated or dry milk powder *Buttermilk	*None
Beverages	*Water as desired *Weak tea, carbonated beverages, fruit drinks	*Postum *Beer, Whiskey
Miscellaneous	*Salt (iodized), sugar, honey, jelly, syrup, hard candy, chocolate, cocoa *Catsup, mustard, pepper, spices, herbs *Pickles, olives, popcorn, vinegar, cornstarch	*Sauces thickened with wheat flour *Pretzels *Accent *Many commercial candies contain wheat products: candies with cream centers, prepared chocolates *Some brands of yeast, soy sauce (read label)

Substitutions for 1 tablespoon of wheat flour:

- _ tbsp. cornstarch
- _ tbsp. potato starch flour
- _ tbsp. arrowroot starch
- _ tbsp. rice flour
- 2 tsp. quick-cooking tapioca

Substitutes for 1 cup of wheat flour:

- _ cup barley flour
- 1 cup corn flour
- _ cup oatmeal (coarse)
- 1 scant cup cornmeal (fine)
- 5/8 cup potato flour
- 7/8 cup rice flour
- 1 _ cup rye flour
- 1 cup rye meal
- 1/3 cup ground rolled oats

The combination of any two of the following also can be substituted for 1 cup of wheat flour:

- 1- $\frac{1}{2}$ cup rye flour plus $\frac{1}{2}$ cup potato flour
- 2- $\frac{2}{3}$ cup rye flour plus $\frac{1}{3}$ cup potato flour
- 3- $\frac{5}{8}$ cup (10 tbsp.) rice flour plus $\frac{1}{3}$ rye flour
- 4- 1 cup soy flour plus $\frac{1}{2}$ cup potato starch flour

*When substituted for wheat flour, a combination of flours often produces a more palatable product than 1 flour. Products made with rice flour and cornmeal has a grainy texture. To obtain a smoother texture, the rice flour or corn meal may be mixed with liquid called for in the recipe, brought to a boil, and then cooled before adding to other ingredients. Soy flour cannot be used as the only flour; it must be combined with another. Baked products made with flour other than wheat require long and slow baking, particularly when made without milk and eggs. Coarse flours or a combination of several flours need not be sifted before measuring. A combination of flours should be thoroughly mixed with other dry ingredients.

*Coarse meals and flours require more leavening than wheat flour. 2 $\frac{1}{2}$ tsp. of baking powder is recommended for each cup of coarse flour. Batter made with flours other than wheat often appears thicker or thinner than wheat-flour batters. Products made of flours other than wheat often have a better texture when made in individual portions. Ex) muffins and biscuits rather than loaves of bread. Cakes made with flours other than wheat are apt to be dry. Frosting and storing in a closed container tend to preserve moisture. Dry cereals such as rice flakes or corn flakes, when crushed; make an excellent breading for chicken, chops, or fish.