

Penn State Hershey Children's Hospital Caring for your Child's Nutrition

Wheat Allergy

Your child has been diagnosed with an allergy to wheat. Wheat allergy is primarily common in children and is usually outgrown before reaching adulthood. Avoiding wheat is the only treatment for wheat allergy.

Wheat allergy sometimes is confused with celiac disease. Celiac disease is an autoimmune disorder in which gluten causes damage to the small intestine and food is not properly absorbed. Wheat, rye, barley and triticale need to be avoided.

Wheat allergy is an IgE mediated response to wheat protein, but other grains may be tolerated. Symptoms of wheat allergy can range from mild to severe. A child on a wheat restricted diet can eat a wide variety of foods, but the grain source must be other something than wheat. Read food labels carefully, even if you would not expect the product to contain wheat.

There are a variety of "formulas" for substituting other flours for wheat flour in baked good recipes. The following substitutes may not provide the same texture and consistency as wheat flour, but they are a great alternative that allow your child to enjoy baked goods!

Single-ingredient substitutes for Wheat Flour

1 cup of wheat flour can be substituted with:

- 7/8 cup rice flour
- 7/8 cup garbanzo bean (chick pea) flour
- 3/4 cup potato starch
- 1/3 cups ground rolled oats
- 1 cup tapioca flour

How to Read a Food Label for a Wheat-Free Diet

Wheat is required by law to be listed on product labels.

Avoid foods that contain wheat or any of these ingredients:

Bran Matzoh, Matzoh Meal

Bread crumbs Pasta
Bulgur Seitan
Cereal Extract Semolina
Club Wheat Spelt

Couscous Sprouted Wheat

Cracker Meal Tabbouleh
Durum Triticale
Einkorn Triticum
Emmer Triticosecale

Farina Viral Wheat Gluten

Flour* Wheat (bran, germ, gluten, grass, berries, malt, starch)
Germ Wheat Bean Hydrolysate

Gluten Wheat Germ Oil Hydrolyzed Wheat Protein Wheat Grass

Kamut Wheat Protein Isolate

Wheat is sometimes found in the following:

Glucose Syrup Starch (Modified Food Starch)

Soy Sauce Surimi (imitation crab)
Artificial Flavoring Natural Flavoring

Food Starch Monosodium Glutamate (MSG)

Oats Teriyaki Sauce

Vegetable Gum Dextrin, Maltodextrin

^{*}Types of flour: all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, and whole wheat.

Below is a list of recommended foods for children with a wheat allergy. Use this as a guide to ensure your child has a balanced diet. Before you offer any food product to your child, always read the entire food label to make sure the food does not contain wheat.

Food Group	Recommended Foods	
Milk and Milk Products	Milk (whole, reduced-fat, low-fat, fat-free, condensed, evaporated, and dry) Cheese Cream Cheese Sour Cream Pudding (made without wheat ingredients) Yogurt and Ice Creams (made without wheat ingredients)	
Meat and Other Proteins	All fresh or frozen meats (beef, veal, lamb, pork) Fresh, frozen, or canned fish and shellfish Egg Poultry Dried Beans and Peas Nuts and Seeds Avoid meats, poultry, fish, and egg products made with added wheat ingredients	
Grains	Flours available that are water Almond Meal Arrowroot Barley Buckwheat Garbanzo (Chick pea) Corn Fava Bean Flour	vheat-free: Oat Potato Starch Quinoa Rice Millet Flaxseed Meal
Vegetables	All fresh, frozen, or canned vegetables prepared without added wheat ingredients	
Fruits	All fresh, frozen or canned fruits prepared without added wheat ingredients 100% Fruit Juice	

Food Group	Recommended Foods	
Fats and Oils	Butter	
	Margarine	
	Liquid Vegetable Oil	
	Mayonnaise	
	Vegetable Oil Spray	
	Salad dressings without wheat ingredients	
Beverages	All beverages without wheat ingredients	
Other	Pepper and salt	
	Individual herbs and spices (watch for spice mixes that	
	may contain wheat)	
	Mustard, ketchup, and relish	
	Flavoring extracts	
	Gelatin	
	Honey	
	Jam, jelly, marmalade, and preserves	
	Sugar	
	Maple syrup	

Some general tips for wheat-free cooking:

- Wheat-free baked goods tend not to rise as much as those that contain wheat. Wheat-free flours work best if the recipe is cooked for a longer period of time at a lower temperature than usual. Reduce your oven temperature by about 25 degrees, and you will find the finished product will be a little less flat.
- Try adding an extra egg to wheat-free recipes to help the product rise a little more.
- Refrigerate dough for half an hour before baking. This may help improve the texture and flavor.
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