

Wheat Allergy

A wheat allergy is an overreaction of the body's immune system to wheat protein. All wheat and wheat products must be excluded from the diet.

Symptoms

- Skin: hives, swelling of face, lips and tongue, atopic dermatitis
- Respiratory: throat tightness, nasal congestion, asthma
- Gut: vomiting, diarrhea, pain
- Anaphylaxis

Dietary Recommendations

Exclude from the diet:

- Bran
- Bread crumbs
- Bulgur
- Cereal extract
- Couscous
- Cracker meal
- Durum, durum flour
- Enriched flour
- Farina
- Flour (all-purpose, enriched, graham, high-gluten, high-protein, pastry, soft wheat)
- Gluten
- Kamut
- Macaroni
- Seitan
- Semolina
- Spelt
- Triticale
- Vital gluten
- Wheat (bran, cracked, germ, gluten, malt, starch)
- Whole-wheat berries
- Whole-wheat flour

Foods that may contain wheat protein:

- Natural and artificial flavoring
- Hydrolyzed protein
- Malt
- Soy sauce
- Starch (gelatinized, modified, modified food starch, vegetable)
- Surimi
- Vegetable gum

