

How to Read a Label for a Wheat-Free Diet

All FDA-regulated manufactured food products that contain wheat as an ingredient are required by U.S. law to list the word "wheat" on the product label. The law defines any species in the genus *Triticum* as wheat. Avoid foods that contain wheat or any of these Ingredients:

- bread crumbs
- bulgur
- cereal-extract
- club wheat
- couscous
- cracker meal
- durum
- einkorn
- emmer
- farina
- flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)
- hydrolyzed wheat protein
- Kamut
- matzoh, matzoh meal (also spelled as matzo, matzoh, or matzo)
- pasta
- seitan
- semolina
- spelt
- sprouted wheat
- triticale
- vital wheat gluten
- wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)
- wheat grass
- whole wheat berries

Wheat is sometimes found in the following:

- soy sauce
- starch (gelatinized starch, modified starch, modified food starch, vegetable starch)
- surimi

For more information:

<http://www.foodallergy.org/page/wheat-allergy>