



Foods Containing Wheat

Breads

Bread (white, wheat, whole wheat, multi-grain)
Crackers (Graham Crackers, Saltines, Triscuits, etc.)
Bagels
Pretzels
Rolls
Flour tortillas
Chapattis
Croissants
Matzos
Popovers

Pastas and Related Products

Pasta (including “vegetable”
pastas)
Macaroni
Noodles
Ravioli
Spaghetti
Vermicelli

The following kinds of bread and flour products *may* also contain wheat; if the word “flour” appears on its own, then it will be white wheat flour; please read labels carefully to find the non-wheat versions of these products:

Corn, rye, pumpernickel, soy, buckwheat (note: buckwheat is *not* a form of wheat, but products made with buckwheat flour often also contain wheat)

Miscellaneous

Biscuits
Bouillon cubes
Breaded meat or fish
Dumplings
Gravies
Ice cream cones
Luncheon meats
Pancakes
Sauces (pre-packaged)
Sausages
Seitan (wheat gluten)
Waffles
Wheat germ

Cereals

Bran Flake
Corn Flakes
Cream of Wheat
Grape Nuts
Puffed wheat
Rice Krispies
Shredded Wheat
Most breakfast cereals & bars

Pastries and Desserts

Cakes
Cookies
Doughnuts
Muffins
Pies
Pudding

Alternatives to Wheat:

Alternate, non-wheat versions of many of the above foods are available in natural food stores.

Gluten Intolerant Individuals:

In addition to avoiding wheat, gluten intolerant individuals (as determined by blood testing) need to avoid barley, oats, rye, spelt, triticale, kamut, farina, tef, and anything containing malt.