

WHEAT FREE DIET

It must be remembered that there is a distinction between wheat-free and gluten-free, People with *Coeliac disease* follow a *Gluten-free* diet. These individuals are unable to eat *any* gluten-containing food. When following a wheat-free diet other gluten-containing grains are usually fine.

In certain conditions such as Rheumatoid Arthritis and digestive problems such as IBS, fatigue and joint and muscle pains may be aggravated by dietary wheat.

Look at food labels and avoid anything that contains:

Whole wheat, Whole grain, Rusk
Wheat flour, Wheat bran, or bran
Wheat protein Flour
Edible starch, Starch, Food starch,
Modified starch, Thickening,
Cornflour, Corn-starch, Cereal binder,
Cereal protein, Cereal starch, Cereal
filler

Foods to **avoid** and alternatives

Bread - this includes **pitta, breadcrumbs, naan, chapattis and pizza** bases. You can eat bread made with alternative flours such as gram(chickpea), rice, potato, split pea, maize and soya. Health food shops and supermarkets stock gluten free bread; or go for a rye.

Crisp breads, crackers etc, Try Rice cakes, some oatcakes, and some rye crispbreads /Ryvita (check label)

Cakes, biscuits, buns, pastries etc, Again supermarkets and healthfood shops stock gluten-free alternatives or try baking your own using an alternative flour.

Breakfast cereals - check label. Porridge, Rice Crispies and Cornflakes can be eaten. Most healthfood stores stock wheat-free muesli.

Pasta - you can buy corn and rice pastas in most supermarkets and healthfood stores

Couscous - try rice, barley, quinoa or polenta

Processed meat such as **beef burgers, corned beef, sausages, salami, luncheon meat**

Sauces - **gravy, white sauce, many bottled sauces, stock cubes**. You can thicken sauces with alternative flours -try cornflour.

Ovaltine, malted milk, chocolate milk - try warm milk with added cinnamon or nutmeg

Beer, Ale

Supermarkets — In some supermarkets you can contact the 'Customer service department' for a wheat-free food list.