Wheat and Gluten

Nutrients to watch

Wheat and other gluten-containing wholegrains are an important source of several minerals and vitamins, dietary fibre, prebiotics and polyphenols. It's recommended that you replace wheat and other gluten-containing wholegrains with alternatives, including:

- **Amaranth**
- **Buckwheat**
- **Legumes**
- **Millet**
- **Oats**
  (gluten-free for strict gluten exclusion)
- **Quinoa**
- **Wholegrain rice**
  (including wild varieties)

Gluten

Ingredient names on food labels to watch out for

Breadcrumbs (wheat, rye, barley)	**Hydrolysed or vegetable protein (wheat, rye, barley)**	**Bran (wheat, rye, barley)**
Bulgur wheat	**Kamut**	**Germ (wheat, rye, barley)**
Couscous	**Rusk**	**Gluten**
Durum wheat	**Semolina**	**Malt* (wheat, rye, barley)**
Einkorn, emmer, farro, freekeh	**Spelt/dinkel**	**Starch* (wheat, rye, barley)**
Flour/unbleached flour (wheat, rye, barley)	**Triticale**	**Whole wheat**

*If these ingredients don't specify the source (e.g. wheat), then, according to food-labelling laws, they are not sourced from wheat- or gluten-containing foods. If in doubt, always contact the manufacturer.

Wheat

Ingredient names on food labels to watch out for

Breadcrumbs (wheat)	**Hydrolysed wheat protein**	**Wheat bran**
Bulgur wheat	**Kamut**	**Wheatgerm**
Couscous	**Rusk**	**Wheat gluten**
Durum wheat	**Semolina**	**Wheat malt**
Einkorn, emmer, farro, freekeh	**Spelt/dinkel**	**Wheat starch**
Flour/unbleached flour (wheat)	**Triticale**	**Whole wheat**

Gluten

Food and drinks to restrict and their alternatives

	Foods which contain/often contain gluten	Gluten-free alternatives*
Dairy and alternatives	Yoghurts with added cereal or gluten-containing thickeners	Dairy is naturally gluten-free
Grains	**Breads (wheat-, rye- or barley-based):** white, wholemeal, wholegrain, pitta, chapattis, croissants, crumpets, muffins, naans, tortillas, breadsticks, bagels, wraps **Pasta, pizza, noodles, potato:** fresh or dried pasta, minestrone, tinned spaghetti, pizzas, dough balls, some noodles, some frozen chips, waffles **Grains and flours:** barley, bulgur wheat, couscous, durum wheat, freekeh, einkorn, emmer, farro, kamut, oats,** malted wheat, rusk, rye, semolina, spelt, triticale, whole wheat, wheat bran, wheatgerm **Cakes/desserts (containing wheat, rye or barley):** biscuits, cakes, scones, pancakes, doughnuts, muffins, pastries, sponges, éclairs, steamed puddings, semolina, ice-cream wafers/ cones, crumble (made from wheat, rye or barley)	**Grains, flours, flakes:** Amaranth, arrowroot, buckwheat, carob, chestnut, coconut, flaxseed, fufu flour, hemp, maize/corn, corn meal, legumes (fava/broad beans, soy, lentil, gram/chickpea, pea), polenta, mesquite, millet, mustard, nut, gluten-free oats,*** plantain, potato, polenta, quinoa, rice (all), sago, sesame, sorghum, sweet potato, tapioca/cassava, teff, yam **Cakes/desserts:** any made from gluten-free flours, jellies, sorbets, custard, meringues, flourless, sponges
Beans, pulses, fish, eggs, meat and other proteins	Some sausage stuffing, burger patties, haggis Battered or crumbed varieties Some sauces, gravies, marinades Seitan (meat substitute for vegetarians and vegans)	Plain beans, pulses, fish, eggs, all meats and nuts are naturally gluten-free
Vegetables	Battered or crumbed Fried potato or fries dusted with flour, beer-battered fries, potato croquettes, tabbouleh	Plain vegetables are naturally gluten-free
Fruit	Fruit crumbles Fruit bars with added cereal	Plain fruits are naturally gluten-free
Miscellaneous	Baking powder, wheat-protein isolates, suet Some flavoured crisps, liquorice sweets **Drinks:** ales, beer, lagers, stouts, barley squash, malted drinks **Condiments and sauces:** gravy, some sauces and dips, soy sauce, stock cubes, ready meal/ casserole mixes, some mustards, stuffing, some spice mixes	**Foods derived from gluten-containing cereals, but which have been processed to a level where gluten is below detection limits:** Glucose syrups derived from wheat or barley including dextrose, wheat-based maltodextrin and distilled ingredients made from cereals that contain gluten, e.g. alcoholic spirits Pure spices and herbs, salt, pepper (Most) tamari soy sauce, maize/cornflour, xanthan gum

*These may contain traces of gluten from cross-contamination, so if you are on a strict gluten-free diet, as in the case of coeliac disease, it's best to always check the package labelling and discuss with your dietition.

**Oat products are often produced in the same places as wheat, barley and rye and are therefore at high risk of cross-contamination. It is recommended that people with coeliac disease buy gluten-free oats. However, for non-coeliac gluten sensitivity, the amount is not thought to be enough to trigger symptoms. Oats also contain a protein, avenin, which is similar to gluten. However, research suggests that most people with coeliac disease can tolerate this protein, and therefore it's likely people with gluten intolerances can also tolerate oats.

*** In some countries, such as Australia, gluten-free labelling on oats is not allowed despite being free of contamination. This is because they contain the avenin protein.

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Beans, pulses, fish, eggs, meat and other proteins	Some sausage stuffing, burger patties, haggis Battered or crumbed varieties Some sauces, gravies, marinades Seitan (meat substitute for vegetarians and vegans)	Plain beans, pulses, fish, eggs, all meats and nuts are naturally wheat-free
Vegetables	Battered or crumbed Fried potatoes or fries dusted with flour, potato croquettes, tabbouleh	Plain vegetables are naturally wheat-free
Fruit	Fruit crumbles Fruit bars with added cereal	Plain fruits are naturally wheat-free
Miscellaneous	Baking powder, wheat-protein isolates, suet Some flavoured crisps, liquorice sweets **Drinks:** wheat-containing beer **Condiments and sauces:** gravy, some sauces and dips, soy sauce, stock cubes, ready meal/casserole mixes, some mustards, stuffing, some spice mixes	Wheat-free baking powder, cream of tartar, bicarbonate of soda Pure spices and herbs, salt, pepper (Most) tamari soy sauce, maize/cornflour thickeners, xanthan gum

To be used as a guide for intolerence only. Not appropriate for allergies.