

Living with a Wheat Allergy

Living with a food allergy doesn't have to prevent you from enjoying wholesome and nutritious foods. The good news is that manufactures are required to state whether or not their product contains the following eight most common allergens – peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat. Allergen information can be found near the nutrition facts label.

As the saying goes “*When in doubt, throw it out.*” A food allergy can cause a potential life-threatening reaction. So, if you are uncertain whether the food contains wheat, do not eat the food. Manufactures change ingredients, so even if you buy the product frequently, always check the food label before you make a purchase. Potential allergens could also be present in foods if it is produced or manufactured in a plant containing allergenic foods – this is called cross contamination. It is *always* important to read foods labels before you buy.

Your best choices are going to be to select whole foods and limit your consumption of processed foods. Processed foods, like those that come in a box or can, usually have more allergens because of the additives, flavorings, coloring and preservatives added.

What is the difference between a wheat allergy and gluten intolerance?

Having an allergy to wheat is different than being gluten intolerant. A wheat allergy is caused by an allergic reaction to proteins found in wheat. Shortly after eating a food with wheat, these individuals may get hives, an itchy throat, watery eyes, nausea, vomiting or diarrhea, and/or have trouble breathing. An individual who is gluten intolerant has an abnormal immune system reaction in the small intestine due to a protein found in wheat, barley, rye and oats called gluten. Individuals with celiac disease will find gluten free menus online. Amy's® frozen dinners provide some gluten free options; these are marked on the Heat and Eat resource guide under Meal Plan Resources. Please note, while gluten-free foods are marketed specifically towards individuals with celiac disease, gluten-free products do provide wheat-free alternatives to individuals with a wheat allergy.

Reading the Food Label: The following are a list of ingredients that indicate the presence of wheat in that food.

- Club Wheat
- Couscous
- Durum Wheat
- Einkorn
- Emmer
- Farina
- Kamut
- Semolina
- Seitan
- Spelt
- Triticale
- Wheat Bulgur
- Wheat Bran
- Wheat Germ
- Wheat Germ oil
- Wheat Gluten
- Wheat Matzoh
- Wheat Grass
- Whole Wheat Berries

Here are some hidden sources of Wheat:

- Baked Beans
- Bakery items – breads, pasta, bagels
- Breakfast cereals
- Crackers
- Flavored Cheeses
- Flavored egg products
- Luncheon meats
- Rice mixes
- Sauces
- Soups
- Soy Sauce
- Starch – gelatinized starch, modified starch, modified food starch, vegetable starch
- Surimi
- Condiments

Heat & Eat: Amy's® Wheat Free:

- ½ Can Medium Chili*
- ½ Can Spicy Chili*
- Asian Noodle Stir-fry
- Black Bean & Vegetable Enchilada
- Black Bean Enchilada Whole Meal*
- Black Bean Tamale Verde
- Brown Rice & Vegetables Bowl*
- Brown Rice, Black-eyed Peas & Veggies Bowl*
- Garden Vegetable Lasagna
- Indian Matter Tofu*
- Indian Palak Paneer*
- Indian Vegetable Korma*
- Light & Lean: Sweet & Sour Bowl
- Roasted Vegetable Tamale
- Teriyaki Bowl*
- Thai Stir-fry
- Tofu Scramble w/Hash Browns & Veggies

**Available in Canada*

Using Exchanges:

If a recipe calls for wheat containing foods, simply substitute these foods for another starch exchange. Here is a substitution list:

If a recipe calls for....	Substitute with...
Fiber One® (original) - 2/3 C	Kay's Naturals® Cereals (all varieties) -0.75 oz (3/4 packet) or 1 starch exchange
Kashi® GoLean - ½ C (all varieties)	Nature's Path Crispy Rice – ½ Cup or 1 starch exchange
Kashi® Heart to Heart - ½ C (all varieties)	Kay's Naturals® Cereals (all varieties) -0.75 oz (3/4 packet) or 1 starch exchange
Kashi® Whole Grain Puffs - 1 C	Nature's Path Panda Puffs™ - ½ Cup or 1 starch exchange
Kashi® waffle – 1 (all varieties)	Nature's Path® Waffle – 1 (select varieties), Rice Cakes (plain) – 2 or 1 starch exchange

Kashi® TLC crackers – 10	Kay's Naturals protein chips (all varieties) – 0.75 oz (3/4 packet) or 1 starch exchange
Boca Crumbles – 4oz	Kidney Beans (cooked) – ¾ C or 1 protein exchange
Granola – 2 T	Kay's Naturals® Cereals (all varieties) -0.75 oz (3/4 packet) or 1 starch exchange
1 Progresso® 100 cal soup (some varieties)	1 Progresso® 100 cal soup - Homestyle Vegetable and Rice, Zesty southwestern-style Vegetable, Zesty Santa Fe Style chicken, new England Clam chowder, Reduced Sodium Garden Vegetable, Reduced Sodium Tomato Parmesan, French Onion, Garden Vegetable (gluten free), chicken and wild rice, Chicken Barley, Chicken Rice with vegetables, Manhattan Clam chowder
Morningstar Farms® Buffalo Veggie Wings	Edamame (soy beans), edible portion – 1/3 C or 1 protein exchange
Fiber One® 90 Calorie (all varieties)	Phase 1 snack choice or 1 fruit + ½ nut exchange
PowerBar® Pria® (all varieties)	Phase 1 Snack Choice or 1 fruit + ½ nut exchange
Balance Bar® Gold (all varieties)	Luna® Protein Bar (all varieties)
Balance Bar® Original (all varieties)	Luna® Protein Bar (all varieties)
Kashi GOLEAN Bar (all varieties)	Luna® Protein Bar (all varieties)
Odwalla Bar!® - Chocolate Peanut Butter	Luna® Protein Bar (all varieties)
Pure Protein® Bar (50 g) (all varieties)	Phase 2 Snack choice or 1 protein + 1 fruit exchange
½ C Cascadian Farm® Multi Grain cereal	Kay's Naturals® Cereals (all varieties) -0.75 oz (3/4 packet) or 1 starch exchange
¾ C Wheaties® cereal	Kay's Naturals® Cereals (all varieties) -0.75 oz (3/4 packet) or 1 starch exchange
Bulgar Wheat (cooked) – ½ C	Quinoa (cooked) – 1/3 C or 1 starch exchange
English Muffin – whole wheat – ½	Gluten Free Bread – 1 slice or 1 starch exchange

Tortilla – Whole Wheat (8in) – ½	Tortilla – Corn(6in) – 2
Whole Wheat Bread – 1 slice	Gluten Free Bread – 1 slice
Whole Wheat Pita (2 oz) – ½ Pita	Gluten Free Bread – 1 slice or 1 starch exchange
Whole Wheat Spaghetti (cooked) – ½ C	Gluten Free (Rice or Corn) spaghetti (cooked) – ½ C
Pita chips – 10	Kay's Naturals® Protein Chips (all varieties) -0.75 oz (3/4 packet) or 1 starch exchange
Veggie Burger – 1 ½ Patties	Black Beans (cooked) – 2/3 C or 1 protein exchange
Veggie “chik’n” patty – 1 patty	Kidney Beans (cooked) – ¾ C or 1 protein exchange
Veggie Hot Dogs – 1 ½ links	Black Beans (cooked) – 2/3 C or 1 protein exchange
Veggie sausage links – 3 links	Black Beans (cooked) – 2/3 C or 1 protein exchange
Soy Sauce	Pad Thai Sauce, Fish Sauce, or broth (chicken, beef, or vegetable)
Genisoy® Soy Crisps – ¾ oz (about 10)	Kay's Naturals protein chips (all varieties) – 0.75 oz (3/4 packet) or 1 starch exchange
Soy nuts – 3 T	Sunflower Seeds – 2 T or 1 nut exchange
Egg noodles (cooked) – 1/3 Cup	Gluten Free (Rice or Corn) spaghetti (cooked) – ½ C
Whole wheat penne (cooked) – ½ C	Gluten Free (Rice or Corn) penne (cooked) – ½ C
Lean Deli Ham – 4 oz	Pork loin (lean only) – 3oz or 1 protein exchange
Deli turkey breast – 4 oz	Turkey breast (fresh) – 3 oz or 1 protein exchange
Baked Chips – 1 oz	Corn tortilla chips – 1 oz or 1 starch exchange
Roast Beef Deli – 4 oz	Sirloin – 3oz or 1 protein exchange
1/4 C cream of chicken soup - reduced sodium*	Pacific® Natural Foods – Cream of Chicken Soup – ¼ C or Tasty® Cream of chicken soup – ¼ C

*Some varieties