



ALLERGY SUBSTITUTIONS – WHEAT

These are intended as guidelines only. Individual dietary needs and allergens vary.

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 manufacturers 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. Manufacturers 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



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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*

* Australia Only

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...
Kellogg's® All Bran cereal - 1/2 cup	Freedom Foods® Corn Flakes – 25 g (1/2 C) or 1 starch exchange
Uncle Tobys Vitabrits Weeties® cereal - 22 g	Freedom Foods® Berry Good Morning – 25 g (1/2 C) or 1 starch exchange
Kellogg's® 5 Grain Mini Wheats cereal - 1/2 C	Freedom Foods® Ancient Grain Flakes – 25 g (1/2 C) or 1 starch exchange
Kellogg's® Special K Advantage cereal - 2/3 C	Freedom Foods® Ancient Grain Flakes – 25 g (1/2 C) or 1 starch exchange
Cheerios® - 3/4 C	Freedom Foods® Corn Flakes – 25 g (1/2 C) or 1 starch exchange
Kashi® TLC crackers – 10	Freedom Foods® Chick pea chips (free from gluten) – 18 g, or popcorn (air popped) – 8 g (2 ½ C), or 1 starch exchange
Uncle Toby's Crunchy Muesli Bar - 1 (20 g) – apricot, Choc chip, nut crumble	Nature Valley Crunchy Granola Bar - 1 bar (Oats & Honey, Roasted Almond, Apple Crisp) or 1 starch exchange ¹
Special K Original Bar - 1 (23g) bar	Nature Valley Crunchy Granola Bar - 1 bar ¹ (Oats & Honey, Roasted Almond, Apple Crisp) or 1 starch exchange



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If a recipe calls for....	Substitute with...
Muesli – 25 g	Freedom Foods® Ancient Grains Super muesli – 20 g or 1 starch exchange
Bulgar Wheat (cooked) – ½ C	Quinoa (cooked) – 1/3 C or 1 starch exchange
Fruit English Muffin – ½	Gluten Free Bread – 1 slice or 1 starch exchange
Tortilla – Whole Wheat – 28 g	Tortilla – Corn – 28 g
Whole Wheat Bread – 1 slice	Gluten Free Bread – 1 slice or 1 starch exchange
Whole Wheat Pita – 30 g (1)	Gluten Free Bread – 1 slice or 1 starch exchange
Whole Wheat Spaghetti (cooked) – 60 g (½ C)	Gluten Free (Rice or Corn) spaghetti (cooked) – ½ C
Pita chips – 25 g	Freedom Foods® Chick pea chips (free from gluten) – 18 g, or popcorn (air popped) – 8 g (2 ½ C), or 1 starch exchange
Sanitarium™ Vegie Delights Schnitzel - 1 schnitzel	Kidney Beans (cooked) – 225 g (¾ C) or 1 vegetarian protein exchange
Sanitarium™ Vegie Sausage - 1 link	Kidney Beans (cooked) – 225 g (¾ C) or 1 vegetarian protein exchange
Sanitarium™ Delights Mince - 100 g	Tofu (regular) – 170 g or 1 vegetarian protein exchange
Soy Sauce	Pad Thai Sauce, Fish Sauce, or broth (chicken, beef, or vegetable)
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 – 115 g	Pork loin (lean center cut) – 85 g or 1 protein exchange
Deli turkey breast – 115 g	Turkey breast – 85 g or 1 protein exchange
Baked Chips – 20 g	Corn tortilla chips – 15 g or 1 starch exchange



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If a recipe calls for....	Substitute with...
Roast Beef Deli – 115 g	Sirloin – 85 g or 1 protein exchange
1/4 C cream of chicken soup - reduced sodium*	3 T milk or soy milk + 1tsp canola or olive oil + 2 T chicken broth (to make thicker sauce, add a pinch of tapioca or rice flour)
Continental Cup-a-Soup 98% fat free®	Simmer 1 cup vegetable broth with ¼ medium potato and free veggies (carrots, celery) until tender. Serve.
Nabisco Premium 98% fat-free cracker(s)	Rice Crackers – 1 or. Gluten/Wheat Free bread crumbs - ½ T
20 grams Arnott's Vita-Weat Crackers	Rice Cake (plain) – 1 (15 g) or 1 starch exchange
Vita Weat® 100% Natural crackers	Popcorn (air popped) – 8g (2 ½ C) or 1 starch exchange

*Some varieties