

# WHEAT ALLERGEN CARD

Ingredients to avoid if you are allergic to wheat\*:



Bran  
Breadcrumbs  
Bulgar  
Couscous  
Cracker meal  
Farina  
Flour\*  
Gluten  
Kamut  
Matzoh  
Pasta  
Seitan  
Semolina  
Spelt  
Tabouleh  
Triticale  
Wheat+  
Whole wheat berries

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\*all-purpose, bread, durum, cake, enriched, high gluten, high protein instant, multigrain, pastry, plain, self-raising, soft wheat, steel ground, stone ground, whole meal, whole wheat

+bran, germ, flakes, sprouts, cornflour

## Products which might contain wheat include:

Baked goods (eg bread, cakes, donuts, muffins)  
Biscuits  
Breakfast cereals  
Flavouring (natural/artificial)  
Hydrolysed protein  
Baking mixes/powder  
Battered fried foods  
Canned soups/stocks  
Icing sugar  
Ice cream cones  
Lollies  
Malted milk  
Pancakes  
Processed meats  
Sauces/gravy mixes  
Snack foods  
Soy sauce  
Starch (eg modified, vegetable, gelatinised)  
Surimi  
Vegetable gum/starch

\*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with wheat allergy. It is NOT meant to replace medical advice given by your doctor.

 **NSW Food Authority**  
safer food, clearer choices

**anaphylaxis australia inc** 

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# FOOD ALLERGY SAFETY

Avoidance of the food allergen is crucial if you are food allergic. *There are many strategies you can put in place to help reduce the risk of an allergic reaction or anaphylaxis. Strategies include:*

- Plan ahead.
- Educate those around you.
- Always read the food label, even if the product has been eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Have a safe snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share straws, cups, cutlery and other food utensils.
- Call food manufacturers and ask about food labels if you are unsure about a product.
- Be extra careful when eating away from home. Whilst a particular food order may be fine to eat, questions must be asked about the risk of cross-contamination during food preparation.
- Check medications, creams, cosmetics and all skin applications for the presence of food allergens.
- Check pet food for allergens (eg bird seed for nuts, cat food for fish)
- ALWAYS have your Anaphylaxis Action Plan and EpiPen® with you. No EpiPen®? = No Eat!

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Food allergy is manageable if people are well informed. Australian labelling now requires all major allergens to be clearly specified in the ingredient list.

For more information on food allergy call 1300 728 000 or visit: [www.allergyfacts.org.au](http://www.allergyfacts.org.au) and for Australian food labelling visit: [www.foodstandards.gov.au](http://www.foodstandards.gov.au).

Get advice about a balanced diet from an Accredited Practising Dietitian-APD. For the Dietitians Association of Australia website visit: [www.daa.asn.au](http://www.daa.asn.au).

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