

PATIENT INFORMATION

WHEAT FREE DIET



Introduction

This booklet provides advice for adults or children who need to follow a diet that is completely free from wheat and wheat products. Wheat is an important carbohydrate source and contains nutrients such as fibre, B vitamins, calcium, iron and folate so it is important to find suitable alternatives.

It is designed for use by people with a suspected or proven wheat allergy or intolerance.

Wheat allergy involves the immune system. Allergic reaction to wheat may occur within minutes or several hours after eating or inhaling wheat. Symptoms can include, eczema, urticaria, diarrhoea, constipation, abdominal pain, asthma symptoms, swelling of the face, eyes, lips or tongue. Skin prick tests or blood tests can be performed by the allergy specialists to help with diagnosing wheat allergy.

Wheat Intolerance does not involve the immune system. Symptoms can occur hours or even days after eating wheat and are usually less severe than wheat allergy. Typical symptoms include wind, bloating, abdominal pain, diarrhoea, nausea, stomach gurgling, urgency and constipation.

At present, the most reliable way of diagnosing intolerance is by exclusion of the suspect food for a set period of time and then gradual reintroduction to see if it causes a reaction.

Coeliac disease is not a wheat allergy or intolerance. It is a disease caused by a reaction to the protein (gluten) found in wheat, barley and rye. This diet sheet is therefore **not suitable for someone with coeliac disease.**

Wheat is present in a wide variety of foods including flour, pasta, many breakfast cereals, cakes, biscuits and in many manufactured foods including processed meats, fish, ready meals, sauces, desserts and hot drinks.

EU food labelling laws require that labels must clearly state whether wheat and other common allergens are being used as ingredients in a food product. If you travel outside the EU, be aware that labelling laws are different and may not always list wheat as an ingredient.

Allergens are usually highlighted in bold or italic writing in the ingredients list. Manufacturers do change their ingredients therefore it is safer to check from time to time.

Food sold without packaging such as in a bakery, café or pub allergen information has to be provided either in writing or verbally.

By strictly avoiding all sources of wheat from your diet it may be possible to find out if wheat is causing your symptoms.

Your Dietitian or Doctor will advise you how long to follow the diet.

Wheat and wheat products are found in a variety of foods as wheat flour and wheat starch are often used as thickening agents or fillers.

Foods containing the following ingredients should be avoided:

Breadcrumbs	Whole wheat
Hydrolysed wheat protein	Wheat starch
Rusk	Modified wheat starch
Wheat bran	Monosodium glutamate (MSG)
Wheat binder	Gelatinised starch
Wheat flour	Wheat malt
Wheat germ	Spelt
Wheat germ oil	Batter
Wheat gluten	Semolina
Raising agent containing wheat starch	Kamut
Codex wheat starch	Bulgar wheat
Wheat thickener	

Checking Food Labels

You may see the following phrases on food labels which can help you to choose appropriate wheat free products.

CHOOSE

- Wheat-Free.
- Free from wheat.

AVOID

- Contains wheat.
- May contain wheat.
- Not suitable for wheat allergy sufferers
- 'May contain' or 'made in a factory....'

Check labels each time you buy as:-

- Recipes change frequently.
- Different batches and packet sizes may be produced in separate packing / production areas with different risks of cross contamination with wheat starch.

If there is no allergy statement on the label, do not assume the product is safe to eat.

Where can I buy Wheat-Free Products?

Supermarkets provide many reasonably priced wheat-free products e.g. bread, flours, cereals, cakes and biscuits.

Supermarkets may also provide a list of their own brand wheat-free products on request or as a download from the internet. This may give you ideas and save time in the supermarkets. Always refer to the most up to date list and always check the label each time you buy.

You can also try specialist health food shops if you are unable to find everything you need at the local supermarket.

Foods to CHOOSE, CHECK and AVOID - bread, rice, potatoes, pasta and other starchy food. Try to eat with every meal.

	FOODS TO CHOOSE	FOODS TO CHECK	FOODS TO AVOID
FLOUR	Any wheat-free flour, such as rice, corn, maize, gram, potato, soya, sago, buckwheat, rye, split pea, barley/malt, arrowroot, pearl barley, chickpea and bean. Nut flours. Coconut flour.		All varieties of wheat flour and wheat flour products such as malted wheat or spelt-flour.
BREAD	Wheat-free bread and rolls made using suitable flour or bread mixes and yeast such as corn, rice or tapioca breads. Wheat free bread mixes and products e.g. Barkat, Dietary specials, Ener-G, Orgran, Nairns, Kallo.	Rye bread, tortillas. Rusks and other baby biscuits/snacks.	All bread and rolls made with wheat flour, including wholemeal, white, granary wheat germ, naan, chapatti, pitta, croissant, brioche, crispbread, cracker, muffins, crumpets, Yorkshire pudding. Breadsticks.
BREAKFAST CEREALS	Any wheat-free cereals such as those made from corn, rice, or buckwheat or millet for example Wheat-free cornflakes, Rice Krispies, Oatibix and other specialist cereals.	Ready-made cereals made with oats, granola and porridge. Baby cereals.	Any cereals made from wheat, for example Cheerios, Sugar Puffs, Shreddies, Special K, wheat biscuits, All bran, muesli.

Foods to CHOOSE, CHECK and AVOID.

	FOODS TO CHOOSE	FOODS TO CHECK	FOODS TO AVOID
GRAINS	Rice (all varieties), corn, maize, barley, pure oats, rye, millet, sago, tapioca, buckwheat, soya bran, rice, bran, quinoa, sorghum, polenta.	Gluten-free products. (May contain wheat starch), oatmeal.	Wheat, wheat starch, wheat bran, wheatmeal, wheatgerm. Bulgar wheat (including tabouleh), couscous, semolina, spelt, triticale, kamut, Durum wheat, malted wheat.
PIZZA, PASTA AND NOODLES	Wheat-free pizza/pizza bases. Wheat-free pasta /noodles made from rice, corn, buckwheat, or millet. Wheat free vermicelli.	Egg noodles.	Wheat-flour pizza and pizza bases, dough balls. All varieties of wheat pasta. Wheat based noodles/vermicelli. Tinned spaghetti or pasta shapes. Readymade pasta meals.
POTATOES	All plain potatoes cooked without wheat such as baked, boiled or mashed. Potato flour.	Any processed or ready-made potatoes such as shop-brought mashed potatoes, potatoes in salad, Frozen potato waffles/shapes, potato wedges, oven chips. Potato salad. Instant	Potatoes coated in breadcrumbs or batter, for example potato cakes or croquettes. Potato smiles, flavoured microchips. Ready-made gnocchi.

Foods to CHOOSE, CHECK and AVOID - meat, fish, eggs, beans and other non-dairy sources of protein. Try to eat 2-3 portions each day.

	FOODS TO CHOOSE	FOODS TO CHECK	FOODS TO AVOID
MEAT & FISH	All plain, fresh and frozen meat and poultry. Bacon and ham prepared without wheat-flour or breadcrumbs. Fresh, frozen and tinned fish. Wheat free sausages, wheat free fish fingers.	Processed meat and poultry, for example sausages, hot dogs, burger, packet or tinned meats. Meat, poultry or fish in sauces. Meat, poultry or fish spreads, pastes or pâté. Ready meals. Black pudding, Haggis. Baby food.	Meat, poultry or fish dishes in pastry, batter or breadcrumbs, for example sausage rolls, meat pies, chicken nuggets, fish fingers, pasties, puddings and crumb-coated meals.
PULSES	All fresh, frozen, tinned or dried peas, beans and lentils e.g. chick peas, kidney beans. Hummus.	Pulses in sauce for e.g. Baked beans. Soya and other meat substitutes.	
VEGETARIAN ALTERNATIVES	Tofu. Textured vegetable protein (TVP). Hydrolysed vegetable protein (HVP).	Vegetarian ready-meals. Tempeh. Vegetarian burgers/pate/sausage s/cutlets. Peanut butter. Quorn.	
EGGS	All eggs.	Foods made using mayonnaise for example egg mayonnaise.	Scotch eggs, quiche, egg flan. French toast.

Fruit and Vegetables - Try to eat at least 5 different portions per day.

	FOODS TO CHOOSE	FOODS TO CHECK	FOODS TO AVOID
FRUIT	All fresh frozen, tinned, dried and juiced varieties.	Fruit pie fillings.	Fruit pie, sponge, crumble or fruit in batter, e.g. fritters. Dried fruit bars.
VEGETABLES	All fresh, frozen, tinned, dried and juiced varieties. Vegetable crisps.	Ready-made / pre-packed vegetables. Coleslaw, vegetable salad, tinned tomatoes with herbs or other flavourings. Vegetables in sauces.	Vegetables in sauce or gravy, e.g. cauliflower cheese. Vegetables in pastry, breadcrumbs or batter, e.g. vegetable pasties, onion rings. Stir fried vegetables, fried mushrooms.

Milk and Dairy Foods - Try to eat 3 portions a day, choose low-fat options wherever you can.

	FOODS TO CHOOSE	FOODS TO CHECK	FOODS TO AVOID
MILK, YOGURT AND CREAM	All milk - cow, sheep, goat, buffalo. Yogurt drinks. All fresh cream, cream topping, buttercream, Crème fraîche, Natural yogurt or fromage frais. Dried milk powder. Milk alternatives.	Milk shakes. Synthetic cream. Flavoured yogurt or fromage frais. Probiotic yogurts and drinks.	Muesli yogurt. Yogurt containing cereal.
CHEESE	Unprocessed cheese, for example Cheddar, Edam, Gouda, brie, mozzarella or quark. Cottage cheese, halloumi, feta cheese.	Processed cheese and cheese spreads, for example Dairylea, Primula, Cheese Strings, Pre-grated cheese, Roquefort Cheese.	Cheese in breadcrumbs, pastry or batter. Cheese sauce made with wheat-flour. Cheese biscuits and snacks.

**Foods to CHOOSE, CHECK and AVOID - Foods high in fat and / or sugar.
Try to limit these foods.**

	FOODS TO CHOOSE	FOODS TO CHECK	FOODS TO AVOID
FATS AND OILS	Olive, rapeseed, sunflower and vegetable oils. Margarine, low-fat spreads, butter. Ghee, lard and dripping. Paneer.	Very low-fat spreads. Suet.	Wheatgerm oil. Margarine containing wheatgerm oil. Packet shredded suet.
SAVOURY SNACKS	Plain nuts and seeds. Plain/unflavoured crisps, popcorn, tortilla chips and other plain wheat free snacks.	Crisps, processed potato snacks, corn, tapioca or alternative savoury snacks. Dry roasted nuts. Prawn crackers. Pakoras and other Indian snacks. Bombay mix. Japanese rice crackers.	Pretzels. Flavoured crisps.
CAKES AND BISCUITS	Manufactured wheat-free crackers, biscuits and baked goods. Homemade cakes and biscuits using wheat-free ingredients. Meringues, flourless cakes.	Oatcakes. Gluten-free cakes and biscuits (may contain wheat, starch). Rye crisp breads. Flapjacks, rice cakes. Florentines, macaroons.	Biscuits and cakes containing wheat flour. Wafers, ice-cream wafers and cones. Cake, pancake and pastry mixes. Pies, tarts and flans. Cream crackers, breadsticks, and crispbreads.

Foods to CHOOSE, CHECK and AVOID.

	FOODS TO CHOOSE	FOODS TO CHECK	FOODS TO AVOID
PUDDINGS AND DESSERTS	All home-made and shop-bought wheat-free varieties, for example sago, rice pudding, tapioca, meringue.	Individual desserts or dessert mixes for example mousse, jelly, blancmange. Tinned milk puddings. Custard powder. Ice-cream. Ice-cream sauces. Sorbets, ice lollies.	Semolina, Crumbles, pies, sponges, steamed puddings, trifles, pastry. Instant packet custard. Ice-cream containing biscuit pieces or wafers. Desserts with biscuit bases, for example cheesecake or banoffee pie.
SUGAR, PRESERVES AND SWEETS	All sugars and sweeteners. Jam, marmalade, syrup, honey, molasses, treacle. Wheat-free sweets. Carob, Plamil. Seaside rock.	Chocolate and chocolate products. Lemon curd. Sweets and confectionery for example pastilles, fruit lollies, mints, chewing gum, fudge, toffee, butterscotch, marshmallows, Mincemeat, Butter icing, Marzipan.	Filled chocolate. Chocolate containing biscuit pieces. Chocolate with wheat flour as an added ingredient. Liquorice.

OTHER			
	FOODS TO CHOOSE	FOODS TO CHECK	FOODS TO AVOID
SOUPS, SAUCES, GRAVIES AND SEASONING	Bovril, Marmite or yeast extract, vegemite. Salt, pepper. Pure herbs and spices. Vinegar, Tamari (Japanese soy sauce). Wheat free gravy	Tinned and packet soups. Ready-made or packet sauces and dressings, for example tomato / brown sauce, salad cream or mayonnaise. Stock cubes, gravy mixes or browning. Savoury spreads, chutney, pickles, mustard. Miso. Mixed spices and seasoning.	Soups containing pasta, noodles or croutons. Cream, soups. Sauces or gravy containing wheat. Curry powder. Packet stuffing. Soy sauce. Bread sauce.
MISCELANOUS	Wheat-free baking powder. Cream of tartar, tartaric acid, bicarbonate of soda. Gelatine, rennet. Yeast. Arrowroot.		Baking powder containing wheat.

DRINKS			
	DRINKS TO CHOOSE	DRINKS TO CHECK	DRINKS TO AVOID
SOFT DRINKS	Water, pure fruit juice, milk. Tea, herbal tea, coffee, cocoa, cordial, fizzy drinks. Build up/ Complan drinks.	Drinking chocolate, flavoured malted milk drinks. Milk shakes and milk shake syrups. Vending machine drinks. Barley water. Tomato juice.	Lemon/orange barley drinks.
ALCOHOL	Cider. Wine, Sherry, Port. Brandy, rum, malt whisky, martini.	Vodka, gin, liqueurs (some may contain wheat). Blended whisky.	Ale, stout, beer or lager, including low-alcohol and home brew.

Meal / Snack Ideas

Breakfast

- Wheat-free cereal, porridge, Cornflakes, Rice Krispies or wheat-free muesli with milk. Serve with fresh or dried fruit e.g. sliced banana, raisins or apricots.
- Permitted yogurt with fresh or dried fruit.
- Wheat free bread or toast, with butter/margarine and jam/marmalade/honey, and a glass of fruit juice.
- Cooked breakfast - egg, bacon, tomato, mushrooms with wheat-free toast or homemade potato cakes and glass of orange juice.
- Scrambled / boiled egg with wheat free crumpets and glass of orange juice.

Light Meals

- Sandwiches made from wheat free bread / bagel / pitta with:-
Egg and salad.
Tuna/salmon and cucumber.
Ham or roast beef and salad.
Chicken and salad.
Cheese and pickle.
- Baked potato with:-
Cottage cheese and pineapple.
Chilli con carne.
Tuna mayonnaise and Sweetcorn.
Egg mayonnaise and cress.
Homemade coleslaw and cheese.
Wheat-free baked beans.
- Wheat-free soup with wheat-free bread/roll
- Filled omelette, with side salad.
- Ploughman's lunch with oatcakes or wheat-free bread.

Meal / Snack Ideas

Snacks

- Yoghurt (not muesli type or ones containing wheat germ).
- Oatcakes or permitted crispbreads with margarine or preserve.
- Fresh fruit, dried fruit and nuts.
- Plain crisps, popcorn or rice cakes.

Main Meals

- Minced beef casserole or stew thickened with corn flour, mashed potatoes and carrots and peas.
- Roast chicken / pork / beef, roast potatoes, sweet-corn, carrots and gravy made with corn flour.
- Grilled salmon with new potatoes, baby corn and green beans.
- Ham risotto with mixed side salad.
- Lentil / chicken / beef curry (using pure spices) served with boiled rice and salad.
- Grilled gammon steak, boiled potatoes and peas
- Chilli con carne (using pure herbs and spices and thickened with corn flour). Boiled wholegrain rice and side salad.
- Spaghetti Bolognese using wheat-free pasta and served with side salad.
- Chicken stir-fry with rice noodles.

Desserts

- Stewed fruit and custard made with wheat free custard powder.
- Baked apple with cream.
- Fresh fruit salad/ tinned fruit and natural yogurt.
- Fruit jelly and fresh cream.
- Raspberry Pavlova.
- Sorbet.
- Wheat-free ice-cream and fruit.
- Home-made rice pudding.

Cross Contamination

Food can become cross contaminated with wheat flour or wheat containing products at home or in commercial production.

Clean utensils, work surfaces and chopping boards thoroughly.

It is advisable to use a separate toaster, clean grill pan or toaster bags to make toast and to have separate jam, spreads, and margarine.

It is also important to check any medicines and supplements to ensure they are wheat-free.

Eating out

- Eating out on a wheat free diet is still possible.
- Ring the restaurant in advance to ask if they can cater for food allergies. Speak with waiter/waitress/chef on arrival.
- Check out the restaurants website if available.
- Avoid busy periods to help give staff more time to check ingredients properly.
- Keep to simple foods on the menu. Sauces and gravies contain many ingredients which may not be remembered by the staff.
- In self service areas; be aware of cross contamination.
- Carry any rescue medication with you.
- If eating with friends or at a party remember to discuss your allergy with the host in advance. It may be helpful to take some wheat free foods with you.

Travelling

- If you are travelling abroad, check in advance how to describe your allergy in the local language. There are various websites that can help with translation (www.dietarycard.co.uk, www.allergyuk.org/getting-help/translation-cards)
- If you are flying, speak to your airline/hotel in advance to check if they can meet your dietary needs.
- Consider taking suitable snacks for the journey in case your flight is delayed.
- Try to obtain a letter from your Doctor explaining your need to take special food items or medications e.g. adrenaline autoinjector.
- Ensure you always carry some sort of allergy ID.
- Carry contact numbers for local hospital or emergency services with you in case you need it.

Recipes

Pizza base

Ingredients: Makes 2 medium (8"/20cm)

150g (5oz) rice flour

150g (5oz) potato flour

Pinch of salt

1 tsp gluten/wheat free baking powder

½ tsp xanthum gum

½ tbsp. sunflower oil

½ tbsp. olive oil

½ tsp. sugar

200ml (7 fl oz) warm water

Method:

Preheat oven to 220°C/425°F/Gas Mark 7. Mix all dry ingredients together. Add the oils and warm water and bring together and knead into a ball. Split into two and roll into 8" round bases approximately 2mm thick or for mini party size use a 3" pastry cutter. Use extra rice flour to prevent from sticking. Top with tomato puree and chosen toppings. Bake on a tray in oven for 15 minutes for 8" bases or 8 minutes for 3" bases.

White sauce

Method:

Use approximately 15g (1/2 oz) cornflour to 280ml (1/2 pint) milk. First mix the cornflour with a little cold milk to prevent lumps forming. Heat the remaining milk in a pan. Add a small amount of the hot milk to the cold milk and stir. Stir whilst adding this mix to the remaining hot milk in the pan and cook through. Then add any flavouring, e.g. grated cheese, black pepper.

Gravy

Method:

Use either homemade vegetable or meat juices, and thicken with arrowroot, soya, rice or corn flour. To colour gravy use wheat free gravy browning.

Chocolate cake

Ingredients:

75g (3oz) margarine
5 tbsp. wheat free cocoa powder
100g (4oz) rice flour*
75g (3oz) ground almonds*
1 tsp. wheat free baking powder
225g (8oz) caster sugar
2 eggs

*If you are allergic to nuts then use 175g (7oz) self-raising pre-blended wheat free flour instead of the rice flour and ground almonds.

Method:

Preheat the oven to 180°C/350°F/Gas Mark 4. Line a 20cm/8" cake tin with grease proof paper. Beat together the fat and sugar until light and fluffy. Bring 100ml/3oz water to the boil, pour onto the cocoa, mix well, and then beat into the creamed mixture. Beat in the eggs, adding a spoonful of rice flour with each. Mix the baking powder into the remaining rice flour and ground almonds and fold into the mixture. Spoon the mixture into the tin and bake in the oven for approximately 35 minutes or till the cake is firm to touch. Cool on a wire rack before cutting. Decorate as desired.

Cooking Tips

Be extremely accurate with weights and measures.

Xanthum gum is a useful ingredient to add to wheat free baking to improve texture.

Potato flour or cornflour can be used instead of wheat flour to thicken sauces.

Crushed cornflakes can be used as an alternative to breadcrumbs.

There are lots of wheat/gluten free recipes available online and in recipe books:

www.glutenfreegoodness.blogspot.co.uk

www.wheatfree.org

www.freefromfairy.com

Useful Contacts

www.allergyuk.org

www.anaphylaxis.org.uk

www.nhs.uk/conditions/food-allergy/

Www.bda.uk.com

www.gluten-freefoods.co.uk

www.goodnessdirect.co.uk

www.ogranglutenfree.co.uk

www.geniusglutenfree.com

Software apps which help you to find 'free from' food and drink using the camera on smartphones:

www.foodmaestro.me

www.spoon.guru

Worcestershire Acute Hospitals NHS Trust

Covering the Alexandra Hospital, Redditch, Worcestershire Royal Hospital and Kidderminster Treatment Centre.

Tel: 01905 733953

Email: wah-tr.paeds.diet@nhs.net

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.