



WHEAT-FREE DIET

When there is a sensitivity to wheat avoid the following:

Wheat flour	Bread Baking Powder
Wheat germ	Bread crumbs
Wheat based crisp breads	Batter mixes
Wheat biscuits	Cakes and cake mixes
Wheat breakfast cereals (e.g. Weetabix, Puffed Wheat, All-bran)	Crumble toppings
Wheat based alcoholic drinks (whiskey, most gins, lager and beer)	Macaroni, spaghetti and other pasta
Wheat bran	Pastry, Pancakes and mixes.

also check the list of ingredients of the following products:

Baked beans	Chutney, pickles	Sausages and pates
Chocolate	Custard	Sauces
Coffee (cheap instant	Gravy powder	Stock cubes
Drinking chocolate	Curry powder	Spreads and pastes
Cocoa	Pie fillings	Soy Sauce
Cream (imitation)	Puddings (instant)	Soups (canned and packet)

Wheat - Free Alternatives

You can replace wheat flour with rye flour, brown rice flour, potato flour, corn flour, buckwheat flour, arrow-root flour.

Bread:

Rye bread is the-easiest to get hold of (try bakers, health food shops, supermarkets) Oat 'cakes, Pumper-nickel bread (Tesco's), Rice cakes, Ryvita, Rye Scanda Crisp, etc. Sprouted grain breads, Carrot and Raisin breads (health food shops)

Biscuits: Flapjacks, macaroons, Prewett's fruit bars

Cereals: Corn flakes, Rice Krispies, Porridge etc.

Crumble Topping: Bread crumbs, Oats, sesame seeds, ground rice

Pasta: Buckwheat pasta (health food shops), rice, noodles (Chinese supermarkets)

Combination foods

BAD COMBINATION

Grain with dairy or meat = gas

Fruit with vegetables= gas

Fruit with meat = gas

Fruit with grain or dairy = gas

Fruit with fish = gas

GOOD COMBINATION

Fruit by itself= no gas

Grain with vegetable = no gas

Pasta with vegetable= no gas

Beans with vegetable= no gas

Meat with vegetable = no gas

Fish with vegetable= no gas