

Wheat is one of the most cultivated plants on earth. There are several thousands types of varieties of this cereal. Wheat is commonly milled into flour. Wheat contains a protein called *gluten* that may effect certain people leading to a wheat or gluten intolerance.

A wheat intolerance may occur in those susceptible to it or those with sensitive colons. Many foods and food products contain wheat and so reading LABELS is very important when a wheat free diet is being followed.

Foods *likely* to contain wheat:

Many breakfast cereals; most commercially baked goods; many cracker breads; most baking mixes; pancakes; waffles; wheat tortillas; pretzels; pasta & noodles; prepared meat products; viennas, luncheon meats; gravies & sauces thickened with flour; instant soups; cakes; cookies & biscuits & rusks; soy sauce; beer & whiskey; all chips 9except plain or salt 'n vinegar.

Wheat may be listed on labels as:

Wheat; flour; wheat bran; wheat germ; wheat starch; starch; gluten; graham flour; enriched flour; durum wheat; vegetable gums; modified food starch; vegetable food starch; malted cereal syrup; hydrolysed vegetable protein; semolina; malt.

Substitutes for wheat:

CARBOHYDRATES

Wheat free breads and wheat free baked goods; wheat free cereals & porridges (rice crispies, cornflakes, oats, maltabella, maize); rice cakes & crackers; rye crackers (ryevita); corn tortillas; popcorn; corn chips; rice; white & sweet potato; Chinese rice noodles; oat bran; potato flour; rice flour; pearl barley

FRUITS

All fresh fruit
Raisons & dried fruit; pure fruit juices

VEGETABLES

All fresh, frozen & dehydrated
Dried beans & lentils; Tinned creamed & whole sweetcorn

PROTEIN

Fresh meat (kosher polonies & sausages); biltong; All fish (not crumbed or battered) seafood; fish canned in oil or brine.

DAIRY

Milk; yoghurt; cheese (hard & cream or cottage cheese)

SAUCES

Gravies, soups & sauces thickened with corn flour (maizena); home made baked goods without wheat; Mrs Ball's chutney; Worcestershire sauce; All Gold tomato sauce

MISCELLANEOUS

Salt & pepper; natural herbs & spices; honey; jams; meringues; nougat; only plain or salt 'n vinegar chips; nuts, Moirs instant pudding; Moirs crème caramel; Royal instant pudding; chocolates (except those containing wafers); Nescafe pure coffee; wine; sesame & sunflower seeds; natural liquorice; jelly; brown & white sugar; coconut; butter & margarine; oils; peanut butter

Tips for eating:

BREAKFAST

- Fresh fruit & dried fruit
- Stewed or canned fruit
- Fruit juice
- Wheat free cereals & milk
- Rice cakes & honey
- Yoghurt
- Cheese
- Ryevitas
- Yoghurt
- Egg
- Bacon

Watch out for:

Wheat cereals

Bread rolls

Wheat baked goods (biscuits, rusks ect...)

LUNCH & DINNER

- Meat & chicken
- Fish
- Vegetables
- Potato
- Rice
- Salads with homemade dressing (oil & vinegar)

Watch out for:

Sauces & gravies with flour

Commercial Salad dressings

Certain meats (sausages & polonies)

Tips for eating on-the-go:

Fresh or dried fruit

Grilled or roasted cold meats & rice cakes

Rice salad

Carrots and other cut vegetables

Cheese portions and cottage cheese

Popcorn

Nuts and dried fruit or fruit rolls

Wheat free baked goods such as Enerjoy products

Where to find wheat free foods:

Most health shops such as Fruits and Roots (Bryanston and Emmarentia); Large pharmacies such as Dischem.

Suitable food items:

Carbohydrates

- Cooked Pearl wheat barley
- Millet
- Quinoa
- Cooked Basmati or brown rice
- chickpeas
- Split lentils
- Sweet potato
- Potato
- Oven chips (read label)
- Baked beans in tomato sauce or most beans
- Wheat free breads (read label)
- Corn thins or rice cakes
- Ryvitas
- Bokomo oats
- Pronutro wheat free
- Oatees cereals (chocolate and strawberry and original flavour)
- Oatees bars
- Barry's bars – just buy the ones that say wheat free and dairy free
- Popcorn
- Woolies rice cake snacks (flavoured ones)
- Nairns biscuit range
- Oatcakes
- Certain health bars or fruit bars (read label)

Proteins

You can have all proteins (i.e. chicken, fish, red meat, eggs, lean cold meats, pork, lamb)
No cheese, milk, yoghurt, ice cream or any desserts or dishes using these.
No battered or crumbed products.

Dairy

- Most dairy (milk, yoghurt, cheese) should be wheat free but read labels to be sure
- Soya milk and yoghurt
- Goats milk and yoghurt

Fats

- Cold pressed oils
- Avocado
- Unsalted nuts
- Mixed seeds (eg: sunflower, sesame, pumpkin, linseed)
- Peanut butter
- Olives

Vegetables

Any vegetables and salad

Fruit

Fresh fruit and most dried fruit
Fruit juice
Tinned fruit