

# Francisco J. Cano, M.D.

Diplomat of the American Board of Allergy, and Immunology  
Pediatric and Adult Asthma, Allergy and Immunology

## Wheat Allergy

Below are a few general guidelines that people with wheat allergy should follow:

1. Read food labels
2. Avoid foods with wheat flour, bran, cracker meal, graham flour, wheat germ and wheat gluten.
3. Avoid food with malt or cereal extract.
4. Beware that certain alcoholic beverages may contain wheat products.

Major categories to pay particular attention to include:

- baked goods
- chocolates and candies
- pancake/waffle mixes
- cakes, pies
- sauces, gravy
- processed meat
- pasta
- salad dressing
- soups

Sources: "Food Allergies and Adverse Reactions" by Judy Perkin, 1990. [www.foodallergy.org](http://www.foodallergy.org)