

Wheat Allergy



An allergy to wheat is one of the 8 most common food allergies. Wheat products can lead to a serious reaction if accidentally ingested by an allergic child while at school.

The FDA requires that labels clearly identify the top 8 food allergens (i.e.: Contains- Wheat), but care should still be taken when reading labels.

Sometimes the presence of wheat protein is obvious on a food label. Other times terms may be unfamiliar. Read carefully. The following may include wheat protein*:

Bran, Gluten, Bread Crumbs, Seitan, Bulgur, Semolina, Cereal Extract, Spelt, Couscous, Vital Gluten, Cracker Meal, Wheat (Bran, Germ, Gluten, Malt, Starch), Durum, Durum Flour, Whole Wheat Berries, Farina, Whole Wheat Flour, Flour (All Purpose, Enriched Graham, High Gluten, High Protein, Pastry, Soft Wheat), Gelatinized Starch, Modified Starch, Soy Sauce, Natural and Artificial Flavoring, Starch, Vegetable Gum, Hydrolyzed Vegetable Protein (HVP), Vegetable Starch, Modified Food Starch, Malt

[This is not a complete list!](#)

Source: MA Dept. of Ed. *Managing Life Threatening Allergies in Schools*

Wheat-Free Snack Ideas

FRUIT

- Fresh Fruit
 - Bananas
 - Berries
 - Kiwi
 - Melon
 - Raisins
- Apple Sauce
- Dried Fruit
- 100 % Fruit Leather
- Fruit Cups

DAIRY

- Yogurt
- Cottage Cheese
- String Cheese

VEGETABLES

- Carrot Sticks, Baby Carrots
- Celery Sticks
- Cherry Tomatoes
- Bell Pepper Slices
- Snap Peas

OTHER POSSIBLE SNACK IDEAS

(Always verify ingredients, as brands vary!)

- Rice Cakes
- Soy Based Snack Bars
- Wheat-Free/Gluten-Free Cereals and Crackers
- Soy Chips
- Veggie Chips
- Gelatin
- Hard Cooked Eggs



***Call the manufacturer's hotline if unsure of an allergen or to clarify "natural flavoring"**