Wheat-Free Eating

Wheat based foods	Wheat free foods
Pasta, noodles	Pasta made from rice, corn, barley, Quinoa Gluten-free varieties
Breads All commercial white, brown, wholemeal and wholegrain varieties; breadcrumbs, pitta bread; most light rye breads also contain wheat flour (check the labels for ingredients) Essene or sprouted wheat bread is fine.	100% dark rye * Millet Oat * Pumpernickel Spelt * Or any bread made with non-wheat flours including buckwheat, barley, soy, rice.
Cereals – most contain wheat Eg Weet-Bix, Nutrigrain *Best avoided as all are highly processed.*	Oats * Puffed millet or millet flakes Rice flakes, rice bran Rice bubbles Corn flakes
Biscuits – most commercial varieties, including both sweet and savoury varieties, contain wheat	Rice biscuits, crackers Ryvita Corn cruskits
Snack foods Eg flavoured crisps	Fresh fruit or vegetables Rice crisps Vegie crisps Soy crisps Hot air popped corn [organic to avoid GM]
Substitutes for flour in cooking: These are suitable substitutes for 1 cup of wheat flour. 1 cup spelt flour 1 cup barley flour 5/8 cup potato flour 1 1/3 cup rolled oats 7/8 cup rice flour 1 cup fine cornmeal 1 cup rye flour 1 cup buckwheat flour replace cornflour with arrowroot	The following blend of flours makes a good general replacement and is suitable for most recipes. To make self-raising flour add 1 teaspoon gluten- free baking powder to each cup of flour 250 g spelt flour [may be used on its own] 150 g buckwheat flour 100 g soy flour 200 g rice flour 100 g millet flour 100 g oat flour 100 g rye flour

Hidden sources of wheat:

Luncheon meats, sausages, hamburger meat, canned fish in sauce, ice cream cones & wafers, commercial brands of cakes, biscuits, waffles, dumplings, custard powders, pasties, scones, doughnuts etc; commercial baking powder, gravies & gravox; commercial soups, sauces, relishes, chutneys.
Always read the label when buying processed foods.

* contains gluten   NB Corn is not recommended for "O" blood types