

WHEAT FREE DIET

Wheat free diets are indicated for people who have been diagnosed with wheat allergy or sensitivity and with related medical conditions such as Irritable Bowel Syndrome.

Wheat is one of the most common allergens in Australia, due partly to the particular strains of wheat grown here which have been modified to attain a higher yield.

Wheat sensitivity or allergy is implicated in many digestive disorders such as GIT spasm, alternating constipation and diarrhoea, bloating and distension of the abdomen, flatulence and stomach pain. It may also contribute to headaches, fatigue, sinusitis and other respiratory problems.

Please note, a wheat free diet is different to both a yeast free and gluten free diet – your Naturopath will advise which is most suitable for you.

Read all food labels carefully for wheat content

FOODS TO AVOID

- **Grains & Cereals**
wheat, bulgar (soaked and dried wheat), durum, semolina, couscous, wheat germ
Many breakfast cereals contain wheat – always check labels carefully
- **Flours**
plain & self-raising flours, white flour, wholemeal and wholewheat flour, granary flour, corn flour, patent flour, pumpernickel flour, rye flour. (some brands of corn flours & rye flours may be wheat free – check labels carefully)
- **Breads**
most breads contain wheat, including many rye breads, corn breads, pumpernickel, rusk, soy, zwieback. Pitta breads, Lebanese breads and mountain breads all contain wheat, as do pizza bases, rolls, buns and foccacia. Biscuits, crackers and pretzels also contain wheat.
- **Pastas**
pastas and noodles including macaroni, spaghetti, ravioli, gnocchi, fettucini & lasagna
- **Pastries & Desserts**
cakes, biscuits, donuts, some chocolate bars, pancakes, muffin & puddings. Pies, pasties, sausage rolls and other pastry items.
- **Beverages**
malted milk, Ovaltine, Milo. Some "cloudy" lemonades and ginger beers, most alcoholic beers, gin, whisky
- **Miscellaneous**
soy sauce, stock cubes, gravy powders, baking powder, soups and sauces, hamburger patties, cold meats such as polony, liverwurst & other cooked sausages, mayonnaise.
- **Eating Out**
avoid any foods cooked in batter or breadcrumbs
be wary of gravies, white sauces and creamy soups & chowders
some "rice paper" used in Asian cooking (spring rolls etc) may also contain wheat.

WHEAT SUBSTITUTES

There are many products readily available today from both health food shops and large supermarkets such as Coles and Woolworths which can be used to replace wheat products in your diet. Experiment with these substitutes to find those that you most enjoy and use them to add variety and extra interest to your daily diet.

- **Breads & Crackers**

There are various manufacturers who produce a variety of wheat free ("wuppa") breads. Bodhi's Bakehouse have a large range of organic wheat free breads and related products including rye, oat, barley, rice, buckwheat, lupin and fruit breads; rolls, muffins and flatbreads. These are available from most supermarkets and health food shops. Rice crackers and rice cakes make great alternatives to wheat crackers. Many varieties of Ryvita and Cruskits are also wheat free – just check labels carefully.

- **Breakfast Cereals**

Rice: Puffed Rice, Rice Bran, Rice Bran Flakes, Rice Bran
Oats: Rolled Oats, Oats Bran, Crunchy Oats, Porridge
Barley: Barley Flakes
Rye: Rye Flakes
Corn: Corn Flakes, Puffed Corn
Millet: Puffed Millet, Millet Porridge
Muesli: Abundant Earth makes a wheat & gluten free muesli

- **Pastas**

There is a large range of wheat free pastas now available – corn, rice, soy and vegetables pastas come in all forms from spaghetti to lasagna. Rice noodles are great for stir fries and very inexpensive. Polenta, Quinoa and rice are also good substitutes for pasta. Papadums make a great addition to meals and are made with chickpea and other gluten free flours.

- **Flours**

chickpea flour, pea meal, mill meal & flour, arrowroot flour, rye flour, sago flour, potato flour, soya grits, corn/maize flour, Polenta, barley flour, soy flour, buckwheat flour, rice flour (brown & white), Lupin flour

These flours can be used in general cooking instead of wheat flour – a little experimentation is all that's needed!

Penenjori Organic Stone Ground Flours
Gluten Free Multi-Mix (Plain flour)
Brown Rice Baking Mix (Self Raising)

- **Miscellaneous**

Tamari is a wheat free soy sauce available from health food shops. Foods can also be flavoured with Miso. Health food shops generally stock a reasonable range of wheat free gravies, stock cubes, sauces and salad dressings.

Bayswater Bakery, Whatley Crescent, Bayswater make delicious wheat free breads, fruit breads, biscuits and pizza bases each Wednesday which can be ordered weekly by telephone.

- **Eating Out**

While a wheat free meal at an Italian restaurant may prove challenging to find, most Asian restaurants including Thai, Indonesian, Chinese and Vietnamese use very little wheat in their cooking and many Mexican dishes are corn based rather than wheat based. Ask favourite cafes and lunch bars to stock wheat free bread – most will be happy to oblige.

TIPS TO REMEMBER:

The cost of substitutes is sometimes more, but your health will benefit greatly. Substitutes may not initially taste the same as the original foods, but bear in mind most tastes are acquired over time.

***"To change your diet, you have to be prepared to change your mind....
When your mind knows something is better for your health, you learn to love it!!"***

RECIPE BOOK:

Recipes to the Rescue by Bonner, Kingsmill and Morrow