



## In Health Naturopathic Medicine – Crystal Hannan, ND

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### **Wheat-Containing Foods Foods to Avoid on a Wheat-Free Diet**

The following foods may contain wheat and should be avoided on a wheat-free diet.

#### ***Beverages:***

Beer	Gin (any drink containing grain neutral spirits)	Ovaltine
Cocomalt	Malted milk	Postum
		Whiskey

#### ***Breads:***

Biscuits	Muffins	Rye bread
Cornbread	Popovers	Soy bread
Crackers	Pretzels	Triscuits
Gluten bread	Pumpernickel bread	White bread
Graham bread	Rolls	

#### ***Cereals:***

Bran flakes	Krumbles	Rice Krispies
Cornflakes	Muffets	Shredded wheat
Crackels	Pep	Wheatena and many other malted cereals
Cream of wheat	Pettijohn's	
Farina	Puffed wheat	
Grapenuts	Ralston's wheat cereal	

#### ***Flours:***

Buckwheat flour*	Lima bean flour*	Whole-wheat flour
Corn flour*	Paten flour	One should not overlook mixtures with flour in them
Gluten flour	Rice flour*	
Graham flour	Rye flour/White flour	
Flour	Semolina	

#### ***Pastries and Desserts:***

- Cakes
- Candy bars
- Chocolate candy
- Cookies \*
- Doughnuts
- Frozen Pies

*Miscellaneous*

Bologna	Modified Food Starch
Bouillon cubes	Noodles
Bread and cracker crumbs	Pancake mixtures
Chocolate, except bitter	Rusk
chocolate and bitter cocoa	Some yeasts
Cooked mixed meat dishes	Spaghetti
Couscous	Synthetic pepper
Durum	
Dumplings	
Farina	Thickening in ice creams
Fats used for frying foods	Vermicelli
rolled in flour	Waffles
Fish & fowl rolled in flour	Wheat cakes
Gravies & sauces	Wheat germ
Hamburger mixes	Wieners
Hotcakes	Zweiback
Ice cream cones	
Liverwurst	
Lunch ham	
Macaroni	
Malt products or foods	
containing malt	
Matzos	
Mayonnaise*	
Meat rolled in flour (Do not	
overlook meat fried in fats	
that have been used to fry	
meats rolled in flour,	
particularly in restaurants.)	