

NORTH KITSAP EAR, NOSE AND THROAT

KITSAP ALLERGY CARE

MICHAEL C. JUNGKEIT, M.D.

Cascade View Medical Center ♦ 22180 Olympic College Way, Suite 202 ♦ Poulsbo, WA 98370

Office 360.697.1414 ♦ Fax 360.697.3939

FOOD ALLERGIES / INGREDIENTS TO AVOID

WHEAT ALLERGY

Ingredients to Avoid:

- Wheat (bran, germ, starch)
- Bulgur
- Flour (graham, durham, enriched)
- Gluten
- Modified food starch
- Malt
- Spelt
- Vegetable gums
- Semolina
- Hydrolyzed vegetable protein
- Starch
- Natural flavoring

Foods Commonly Containing Wheat:

- Snacks – crackers, chips, cereals, snack mixes, pretzels
- Breads – bread, bagel, muffins, rolls, pastries, donuts, pancakes, waffles
- Desserts – cakes, cookies, baking mixes, pies, other baked goods
- Soups – most soups including broths
- Pastas – noodles, packaged dinners containing pasta
- Condiments – soy sauce, worchestire sauce, salad dressings, barbeque sauces, marinades, glazes, some vinegars
- Beverages – beer, root beer, drink mixes such as instant breakfasts
- Meats – frozen meats (some are packaged with broth), lunch meats, hot dogs
- Gravies and sauces – most likely thickened with wheat flour
- Misc. – flour tortillas, stuffing

Helpful websites for food allergies:

<http://www.foodallergy.org/home>

<http://www.niaid.nih.gov/topics/foodAllergy/Pages/default.aspx>

<http://www.mayoclinic.com/health/food-allergy/DS00082>

<http://home.allergicchild.com/allergies>