

# TOP 8 THINGS TO KNOW ABOUT WHEAT ALLERGY

By Steven Tan, MD



**Selectivor**

[www.selectivor.com](http://www.selectivor.com)

# #1

## WHEAT ALLERGY IS MOST COMMON IN YOUNG CHILDREN.



It's most commonly seen in infants and toddlers though adults can also develop it. Two-thirds of young children will outgrow wheat allergy by age 12.

# #2

## ALLERGY IS TRIGGERED BY WHEAT PROTEINS.



Four proteins thought to be responsible are albumin, globulin, gliadin and gluten. Exposure to any or all of these may trigger a wheat allergy reaction.

# #3

## WHEAT IS FOUND IN MANY FOODS.



Avoid anything with flour including baked goods, cereals, pasta, semolina, durum, couscous, farina, cream of wheat, bulgur, matzo, spelt, triticale and many snacks. Beer, condiments, soy sauce, some dairy products, candy, flavorings, food starch and wheat grass should also be avoided. Also avoid vegetable protein, artificial crab (surimi), gluten, seitan, processed meats and cold cuts.

# #4

## MANY NON-WHEAT GRAINS ARE USUALLY OK TO SUBSTITUTE.



Amaranth, barley, corn, oat, quinoa, rice, rye, tapioca, buckwheat are suitable alternatives. However, 20% of children with wheat allergy are also allergic to other grains, so see your doctor to make sure it's safe. Also be aware that issues with cross contamination during food manufacturing still exist.

# #5

## FOOD LABELS MUST INDICATE WHEAT WHEN PRESENT.



Food products containing wheat are required by law to state this on food labels. But advisory labels are not required (for example, cross contamination, made in shared facility, storage and transportation issues). Be careful with other grains due to cross contamination risk.



# #6

## WHEAT ALLERGY IS NOT THE SAME AS CELIAC DISEASE.



Wheat allergy is an allergic reaction to any one of several wheat proteins. If you're wheat allergic, avoid all wheat products - but barley and rye are usually OK. Celiac disease is an autoimmune reaction to a protein called gluten found in wheat, rye and barley. If you have celiac, avoid all gluten-containing foods - barley and rye are NOT OK.

# #7

## NO MATTER YOUR ALLERGY, THE BEST STRATEGY IS AVOIDANCE.



Currently there is no cure - the best strategy is to avoid wheat and and foods that contain it.

- ▶ Epi shot is usually recommended for severe symptoms.
- ▶ Antihistamines are usually used for mild symptoms.
- ▶ See your doctor for guidance.



# #8

**LETTING OTHERS KNOW  
ABOUT YOUR WHEAT ALLERGY  
IS AN IMPORTANT WAY TO  
STAY SAFE.**



Create your **FREE** wheat allergy profile at [selectivor.com](https://www.selectivor.com) and share it with others so you're never left out!



Selectivor

**Always eat  
your way.**

[www.selectivor.com](http://www.selectivor.com)