

CHILDREN AND YOUNG PEOPLE ALLERGY NETWORK (CYANS)

Patient information leaflet **Wheat Allergy**

NOTE

This document has been prepared by Public Services Delivery Scotland (PSD Scotland) on behalf of CYANS. Accountable to Scottish Government, PSD Scotland works at the heart of the health service providing national strategic services to the rest of NHS Scotland and other public sector organisations to help them deliver their services more efficiently and effectively. The CYANS Network is a collaboration of stakeholders involved in care of patients with allergies, who are supported by a PSD Scotland Programme Team to drive improvement across the care pathway.

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Introduction

A wide variety of foods contain wheat including flour, pasta, cakes, biscuits and breakfast cereals.

Many manufactured foods contain wheat as an added ingredient. Wheat may also be present in a 'hidden' form in a food, for example, it may be used as a filler or dusting agent or as a 'carrier' for spices. It is important to always check food labels.

Gluten free is not the same as a wheat free. Gluten is only one of the proteins in wheat, so gluten free foods may still contain wheat starch or other wheat proteins.

Reading food labels

In the UK, food manufacturers and businesses must inform you under food law if they use any of the 14 most common allergens (something that can cause an allergy),

These include wheat, as an ingredient in all food and drink they make or provide. If wheat is used as an ingredient, it will be highlighted in **bold**, *italics*, coloured type or underlined.

You should always check the ingredients list each time you buy food or drink as manufacturers may change their product ingredients. You should choose foods labelled as 'wheat free' or 'free from wheat'.

You should look out for the following terms in ingredient lists:

- wheat, wheat flour, spelt wheat, durum wheat, whole wheat, wheat germ, wheat germ oil, wheat bran, wheat flakes, wheat binder, wheat gluten, wheat starch, wheat thickener
- rusk, semolina, durum semolina, breadcrumbs, crumbs
- hydrolysed wheat protein
- raising agent containing wheat starch

	Food allowed	Foods to check	Foods to avoid
Flours / Grains (and cereals, pasta, breads and baked goods made using these flours)	Amaranth, arrowroot, barley, pearl barley, buckwheat, chestnut, corn (maize), rice gram (chickpea), hemp, millet, polenta, quinoa, sago, sorghum, potato, rye, soya, tapioca, teff and oats.	Baking powder, modified or hydrolysed starch, binders, thickeners, edible starch, cereal proteins, maltodextrin.	Bulgar wheat, cous cous, durum wheat, malted wheat, semolina, spelt, triticale, whole wheat, wheat bran, wheat germ. einkorn, emmer, Farola™, kamut(khorasan)
Breads Crackers Cakes/Pastries	Breads Any made with the wheat free flours listed above. Crackers/Crispbreads: Made with rice, corn, buckwheat, or tapioca. Rice cakes, corn cakes Readymade wheat free pastry.	Rye bread (some brands contain wheat). Rusks or other baby biscuits and snacks. Oatcakes (some brands contain wheat).	Breads Wheat breads, for example, white, wholemeal, granary, soda bread), chapattis, naan, pitta, tortillas, wraps. Yorkshire puddings, stuffing, batter, breadcrumbs. Crackers/ Crispbreads: Cream crackers, bread sticks, crispbreads. Cakes / Pastries: Crumpets, pancakes, croissants, brioche, pies, quiche, pasties, sausage rolls.
Breakfast Cereals	Wheat free cereals for example, Corn Flakes™, 100% porridge oats, Pure oats, Oatibix™, rice-based cereals, for example: puffed rice, Rice Krispies™. Other specialist cereals using buckwheat or millet flakes.	Readymade oat cereals, granola, baby cereals.	Wheat-based cereals, for example: Weetabix™, Muesli, All bran™, Special K™, Shreddies™, Branflakes™, Shredded Wheat™, Weetos™, Cheerios™ and supermarket versions wheat bran/germ.
Pasta, pizza, noodles, rice, potato	Wheat free pasta and noodles made from rice, corn, buckwheat, or millet Wheat free pizzas/ pizza bases. Plain boiled white/brown rice. Potato flour, fresh baked/boiled/mashed potato.	Instant mashed potato. egg noodles. potato products, for example: potato salad and frozen potato wedges, chips, processed shapes and waffles. savory rice, ready made rice dishes.	Dried or fresh wheat pasta, tinned spaghetti in tomato sauce, readymade pasta meals. Pizzas, pizza bases, dough balls. Dried, fresh or processed noodles for example, pot noodles, super noodles, udon,

			ramen, chow mein and other noodle dishes.
Milk and dairy	Cow, goat, sheep milks. Condensed milk, evaporated milk. Milk alternatives, for example: soya, rice, oat, pea, almond, coconut milk. Dried milk powders and coffee whiteners, for example: coffee mate™, marvel™. Fresh cream, dream topping™, buttercream, oat cream. Hard and soft cheese including cheddar, cottage cheese, halloumi, feta.	Milk shakes, flavoured yoghurt, fromage frais, mousse, synthetic cream. Processed cheese and cheese spreads, cheese sauce.	Muesli yogurt.
Margarines and oils	Butter, margarine, ghee, lard, paneer. Oils, for example: sunflower, corn, rapeseed, safflower, olive oil and nut oils.	Some low-fat margarines.	Packet shredded suet.
Meat, fish, eggs, beans and nuts	All unprocessed meats (beef, pork, lamb and poultry). Wheat free sausages. Plain fish (tinned, fresh or frozen for example tuna, mackerel, cod, plaice). Wheat free fish fingers. Plain eggs. Fresh, dried, frozen and tinned beans, for example, butter beans, kidney beans, soya beans, chickpeas, lentils. Textured vegetable protein, hydrolysed vegetable protein, tofu, hummus. Nut butters.	Ready meals or baby foods. Processed meats, for example, sausages, beef/lamb burgers, tinned meat, haggis, black pudding, meat paste, pâté. Fish paste, pâté. Vegetarian cutlets, sausages, burgers, mince & ready meals made from Quorn™, soya and other meat substitutes. Pulses in sauces, for example, baked beans. Roasted/flavoured nuts.	Meat in pastry (pasties, pies, sausage rolls). Meat in breadcrumbs or batter; fish in batter or breadcrumbs, for example, fish fingers, (unless wheat free variety). Scotch eggs, quiche, French toast.

Fruit and vegetables	All plain fruit and vegetables; fresh, frozen, dried and tinned. Vegetable crisps.	Fruit pie fillings. Pre-packed vegetables for roasting; roast parsnips/potatoes etc. Vegetables in sauces, Mayonnaise, salad creams, Vegetable salads, coleslaw.	Fruit crumble, pies, fritters and dried fruit bars. Fresh, frozen and tinned vegetables in batter, breadcrumbs, for example, fried mushrooms, onion rings, cauliflower cheese, stir fried vegetables.
Cakes, biscuits, snacks and desserts	Meringues and flourless cakes. Plain/unflavored crisps, popcorn, tortilla chips and other plain wheat free corn or rice-based snacks. Wheat free desserts, for example, jelly, sago, tapioca, rice pudding. Wheat free cereal bars.	Packet custards and dessert mixes, ice creams, coated ice lollies. Prawn crackers, pakoras, Bombay mix and other Indian snacks. Oat based cakes and biscuits, for example, flapjacks, Florentines, macaroons.	Muffins, scones, pastries, pancakes, Chelsea/hot cross buns, doughnuts, all cakes and biscuits made with wheat flour. Flavored crisps, nuts, pretzels, Japanese rice crackers. Semolina, crumbles, pastries, flans, tarts, cheesecake, sponges, éclairs, steamed/suet puddings, trifle, soufflé, mousse. Ice cream cones and wafers.
Confectionary	Chocolate, boiled sweets, chews, mints, chewing gum, fudge, toffee, seaside rock, marshmallows, chewy sweets.		
Miscellaneous	Pepper, salt, herbs, vinegar. Tamari (Japanese) soy sauce. Wheat free stock cube, for example, Kallo™, Knorr™, Bovril™, Marmite™, Begemite™. Am, marmalade, syrup, honey, sugar. Vanilla essence. Wheat free baking powder. Xanthan gum (for baking), bicarbonate of soda, tartaric acid, gelatine, yeast, arrowroot.	Tinned and packet soups, cooking sauces, sauce mixes, chutneys, salad dressings, salad cream, mayonnaise, mustard, ketchup and other sauces, stock cubes, gravy mixes, miso, mixed spices and seasonings. Mincemeat, lemon curd. Marzipan, cake decorations. Play doh™.	Bread sauce, soy sauce, stuffing mixes, baking powder. Foods containing wheat protein isolates.

Food labels

Some manufacturers and supermarkets provide allergy information on their websites. However, it is important to check the ingredient list on the actual label of the product rather than relying on website information. Also, if you shop online, ensure that any wheat free product you have ordered has not been substituted with a wheat containing product.

Wheat free baking

Different wheat free flours and wheat free baking powders can produce different results. If changing recipes, a mix of cereal flour often works best. For example, if a recipe requires 8oz (200g) flour, a mix of 4oz (100g) rice flour/4oz (100g) corn flour could be used. When self-raising flour is required, mix 1 teaspoon of wheat free baking powder with 8oz (200g) wheat free flour (extra liquid may be required). Baking may not always go brown during cooking, so wheat free baking involves some trial and error. You can improve the texture of baked products by adding xanthan gum which you can get from supermarkets and health food shops.

Wheat free baking powder

Suitable baking powders include Doves Farm™, Barkat™ and Allergycare™ baking powders available from supermarkets or health food shops.

Or you can make your own as follows:

Recipe 1:	or	Recipe 2:
1oz (25g) potato flour		4oz (100g) rice flour
1oz (25g) bicarbonate of soda		2oz (50g) bicarbonate of soda
2oz (50g) cream of tartar		2oz (50g) tartaric acid

Mix ingredients together and store in an airtight container.

Please note:

- it is essential to check food labels, even if you have bought the product before, as ingredients can change without warning
- always ask staff about the ingredients when eating food bought in a restaurant or takeaway
- remember that the names of some foods and sauces can be different in different countries, even English-speaking ones, for example the United States of America (USA)
- check medicines, toiletries, beauty products and laundry products

- beware of handling foods known to cause allergy in their dried form, for example for crafts, shakers and collages

Eating out

Café, restaurant or take away food can cause problems for people with a food allergy. This information does not necessarily have to be printed on a menu, but they do have to be able to give you the necessary information if you ask. They can't just say "None of our food is suitable" or "This dish might have nuts in it". To make eating out easier, always plan ahead and discuss allergies before you arrive, and always ask staff directly (ideally the cook themselves) whether they can provide a safe meal. Further advice is at the [CYANS website](#).

Travel

Travelling when you have a food allergy can also cause problems. Shops and restaurants may be unfamiliar. Foods that look familiar may have different ingredients (even when the brand is the same). The names for foods in different languages can be confusing.

To make travel easier, always plan ahead and discuss allergies before you leave home, with both airlines and hotels, think about how you will deal with a foreign language, bring safe foods with you and make sure you always have your allergy plan and allergy medicines with you everywhere you go. Further advice is at the [CYANS website](#).

School / Nursery

Leaving your child in the care of another person, whether that is a family member or a nursery/school, can feel scary. Most of the time they will be happy to work with you to keep your child safe, which should include the details of what they can and can't eat, what an allergic reaction might look like and how to manage it (including having an allergy plan and allergy medicines).

Most local authorities will ask for information from your health care professional about the allergy or allergies. You should aim to have a discussion with the carer, nursery or school before their first day.

You should encourage your child to ask about what they are eating and tell people about their allergy or allergies from an early age, especially if they are likely to be allergic their whole life. This is especially important for when they are not in your care but with others, or in nursery/school. Even places that declare themselves "nut-free" cannot guarantee that a teacher, parent or other child will not accidentally bring

something into school that your child is allergic to, and this may just give everyone a false sense of security.

Further advice is at the [CYANS website](#).

Allergy testing

Allergy blood or skin tests can help confirm allergy and can help predict which pulses/legumes are likely to be a problem and which not.

Tests sold or marketed as “intolerance” tests are not useful in confirming allergy. See [the CYANS website](#) for further details about allergy tests.

Testing can also help confirm whether a child is growing out of their allergy or not – this is unusual but possible.

Further support

A dietitian can help advise on nutrition and food safety skills, including reading ingredient labels, shopping, and eating out.

Some children with food allergies can become very fussy. Eating the same foods all the time might sound like a good way to reduce the risk of an allergic reaction, but it can give a false sense of security, and it's better for a child to learn good food safety skills, to try new foods and enjoy a range of different foods.

If you require further information, please contact nss.cyans@nhs.scot

If you need this leaflet in another format, please contact
psd.contact-us@nhs.scot 0131 275 6000

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