

## **Wheat**

### **Other names for wheat:**

- Atta, Bulgur, Couscous, Durum, Einkorn, Emmer, Enriched flour, white flour, whole-wheat flour, Farina, Gluten, Gram flour, high gluten flour, high protein flour, Kamut, Seitan, Semolina, Spelt (dinkel, farro), Triticale (a cross between wheat and rye), Triticum aestivom, Wheat bran, wheat flour, wheat, germ, wheat starch

### **Possible sources of wheat:**

- Baking powder, Most baked goods e.g., breads, bread crumbs, cakes, cereals, cookies, crackers, donuts, muffins, pasta, baking mixes, Batter fried foods, Binders and fillers in processed meat, poultry and fish products, Beer, Coffee substitutes made from cereal, Chicken and beef broth, Falafel, Gelatinized starch, modified starch, modified food starch, Gravy mixes, bouillon cubes, wafers, Hydrolyzed plant protein, Ice cream, Imitation bacon, Pie fillings, puddings and snack foods, Prepared ketchup and mustard, Salad dressings, Sauces e.g. chutney, soy sauce and tamari, Seasonings, natural flavouring (from malt, wheat), Candy, candy bars, Pie fillings and puddings

### **Non-food sources of wheat:**

- Cosmetics, hair care products, Medications, vitamins, Modeling compounds such as Play-Doh
- Pet food, Wreath decorations

### **Symptoms**

If you or your child has wheat allergy, you or your child will likely experience symptoms within a few minutes to a few hours after eating something containing wheat.

Wheat allergy symptoms include:

Swelling, or irritation of the mouth, Hives, itchy rash or swelling of the skin, Nasal congestion, Itchy, watery eyes, Difficulty breathing, Cramps, nausea or vomiting, Diarrhoea, Anaphylaxis

### **Anaphylaxis**

For some people wheat allergy may cause a life-threatening reaction called anaphylaxis. In addition to other signs and symptoms of wheat allergy, anaphylaxis may cause:

Swelling or tightness of the throat, Chest pain or tightness, Severe difficulty breathing, Trouble swallowing, Pale, blue skin colour, Dizziness or fainting, Fast heartbeat

### **Age of onset**

A wheat allergy may not be a lifelong disorder. Whether you outgrow it may depend, in part, on when the allergy first appears.

**Young children.** Wheat allergy in children usually develops during infancy or early toddler years. Most children with wheat allergy have other food allergies. Children usually outgrow wheat allergy between ages 3 and 5.

**Adolescents and adults.** Wheat allergy isn't as common in adolescents and adults.

### **When to see a doctor**

Anaphylaxis is a medical emergency that requires immediate care. People who already know they can have an anaphylactic reaction to wheat or another allergy-causing substance should carry two injectable doses of a drug called epinephrine (adrenaline). The second dose is a backup in case emergency services aren't immediately available.

