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## Wheat Free Diet

### Foods to avoid:

- Any products made of wheat, read the labels on food (look out for wheat flour, wheat germ, wheat starch, edible starch, cereal filler, cereal binder, cereal protein). Products containing wheat are bread, baked products, soy sauce, pasta and pizza's, cereal (such as weetabix, shreddies, puffed wheat, wheat flakes, muesli, all-bran), wheat germ.

### Replace with:

- Flour from rye, barley, oat, corn, rice, quinoa, buckwheat, amarant, potato, soya.
- Rye bread, pumpernickel bread, rye crisp bread.
- Oats, for example oat cakes, porridge, muesli made with oatflakes, oats biscuits.
- Rice, e.g. Rice cakes, rice pasta and noodles, riceflour biscuits (dove's farm), rice crispies.
- Millet, Quinoa.
- Buckwheat flour, buckwheat noodles.
- Barley
- Corn, corn pasta, corn tortilla's polenta, cornflakes.
- Lentils, pulses, nuts.
- Potatoes.