

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> Vegetables prepared with allowed ingredients Fresh, frozen and canned vegetables and their juices 	<ul style="list-style-type: none"> Vegetables prepared with dressing/garnish containing wheat
Fruit	<ul style="list-style-type: none"> Fresh, frozen and canned fruit and their juices 	<ul style="list-style-type: none"> Fruit dishes containing wheat
Salads	<ul style="list-style-type: none"> Salads made from allowed ingredients 	<ul style="list-style-type: none"> Salads containing wheat or ingredients made from wheat (eg. Pasta, croutons)
Grain Products	<ul style="list-style-type: none"> Grains, cereals, flours, starches made from or with: amaranth, arrowroot, barley, buckwheat, chickpea, corn, lentil, pea flour, kasha, millet, oats, potato, quinoa, rice, rye, soy flour, tapioca Breads and baked goods made from allowed flours and starches Rice, soy and rye breads Rice crackers, rice cakes, crackers made from allowed ingredients Cereals made from grains on allowed list: Corn Flakes®, cream of rice, oatmeal, Rice Krispies®, puffed rice, millet or amaranth Pasta made from grains on allowed list without added flour: brown rice, buckwheat, corn, lentil, pea, potato, rice, quinoa, wild rice pastas 	<ul style="list-style-type: none"> Grains, cereals, flours, starches made from or with: atta, bulgur, couscous, cracked wheat, durum, einkorn, emmer, farina, fu, gluten enriched, graham, kamut, seitan, semolina, spelt (dinkel and farro), starch, triticale, wheat, wheat bran, wheat germ, wheat berries Regular white bread, 60% whole wheat bread, whole wheat bread, buns, croissants, bagels and baked goods made with flours not allowed Bran, bread crumbs, cracker meal, sourdough bread Crackers containing wheat (eg. cheese crackers, graham crackers, Ritz® crackers, saltines, vegetable thin crackers containing wheat) Cereals containing wheat: Cream of Wheat, puffed wheat, Red River Cereal®, shredded wheat, Weetabix, Wheaties Pasta made from wheat flour: egg noodle, spinach, vermicelli pasta
Milk & Alternatives	<ul style="list-style-type: none"> Milk (skim, 1%, 2%, whole, lactose-reduced, Lactaid®) Buttermilk, cream, sour cream, yogurt All types of cheese Food made from pure milk 	<ul style="list-style-type: none"> Cheese sauces, spreads, other wheat containing dairy products Thickeners containing wheat: instant cocoa, hot chocolate mixes, malted milk, coffee substitutes Some ice cream

Item	Foods Allowed	Foods Not Allowed
Meat & Alternatives	<ul style="list-style-type: none"> • Plain, fresh, frozen, canned meat, poultry, fish • Meat, poultry, fish, egg, legume dishes prepared without wheat, wheat batters or bread crumbs • Plain tofu • Peanut butter • Plain nuts and seeds 	<ul style="list-style-type: none"> • Meat dishes containing wheat (eg. battered, breaded, luncheon meat, meat loaves, meatballs, patties, processed meat, sausages, stuffing) • Wieners • Egg or legume dishes containing wheat • Falafel • Soy and tamari sauces • Foods with Hydrolyzed Vegetable Protein, Hydrolyzed Plant Protein, MSG
Soups	<ul style="list-style-type: none"> • Homemade meat, poultry, vegetable soup stock • Soups made with allowed ingredients 	<ul style="list-style-type: none"> • Chicken and beef broth, bouillon cubes, packaged soup seasoning mixes, commercial soups with pasta
Oils & Fats	<ul style="list-style-type: none"> • Pure vegetable, nut, seed, fish oils • Butter, cream, lard, margarine, meat drippings, shortening • Homemade gravy thickened with corn starch, tapioca, arrowroot, etc. • Pure nut and seed butters 	<ul style="list-style-type: none"> • Salad dressing containing wheat • Gravy thickened with wheat flour/starch • Sauces containing wheat • Wheat germ oil
Desserts & Sweets	<ul style="list-style-type: none"> • Desserts made with acceptable flours • Sherbet • Honey, jam, jellies, molasses, sugar 	<ul style="list-style-type: none"> • Commercial pie fillings and puddings • Pie crusts made with wheat flour or graham cracker • Desserts/sweets made with wheat • Some candy, icing sugar, marshmallows, ice cream
Fluids	<ul style="list-style-type: none"> • Tea, herbal tea, coffee • Carbonated beverages except root beer • Fruit juices, fruit drinks, pure vegetable juices • Most wines (check with manufacturer) 	<ul style="list-style-type: none"> • Root beer • Cereal based coffee substitutes • Beer and other alcoholic beverages (check with manufacturer)
Miscellaneous	<ul style="list-style-type: none"> • Plain herbs and spices • Tabasco sauce® • Worcestershire sauce • Wheat-free soy sauce, relish • Distilled vinegar 	<ul style="list-style-type: none"> • Herbs, spices, sauces and condiments containing wheat

References:

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN): Wheat Free Eating Resources, 2012
- Health Canada: Wheat – A Priority Food Allergen, 2016