

Dr. David Dowson M.B., Ch.B. Dip. Med.Ac.
Environmental and Complementary Medicine

DAK Limited
The Old Ship

Bath Road

Saltford

BRISTOL BS31 3JL

Phone: 01225-874075

Fax: 01225-400227

www.avoncompmed.co.uk

For Appointments Please Ring:

Bath

01225-427835

Reading

0118 9452303

WHEAT-FREE DIET

Those sensitive to wheat should:

AVOID:

Wheat Flour Wheatgerm

Wheat - based Crispbreads Wheat Biscuits

Wheat Breakfast Cereals (e.g. Weetabix, Puffed Wheat)

Wheat - based Alcoholic Drinks (Whisky, most Gins, Beer and Lager)

Wheat Bran Bread

Baking Powder Breadcrumbs Batter Cakes and Pastry

Pancakes Spaghetti and other Pasta

THE FOLLOWING MAY CONTAIN WHEAT - CHECK THE LABEL:

Baked Beans Cheap Chocolate Cheap Instant Coffee Cocoa

Imitation Cream Chutney and Pickles Custard Powder

Gravy and Curry Powder Pie Fillings

Sausages and Pates Sauces

Stock Cubes

Spreads and Pastes

Soy Sauce

Soups

Alternatives:

Wheat flour can be replaced by rye flour, brown rice flour, potato flour, cornflour, buckwheat flour, or arrowroot.

For Bread: Rye is the most available, but most brands also contain wheat.

Oatcakes

Pumpernickel (Tesco's)

Rice Cakes

Ryvita

Sprouted Grain Breads, Carrot and Raisin Bread

For Biscuits: Flapjacks, Macaroons, Oat Bars

For Cereals: Cornflakes, Rice Krispies, Porridge

For Pasta: Buckwheat Pasta, Rice Noodles

For Crumble Toppings: Sesame Seeds, Oats.