

Wheat may be found in the following:

Gluten-free products

May not be suitable for a person who is wheat-allergic as gluten may be present in trace amounts.

Breadcrumbs

Often used in breaded meats or burgers.

Desserts and sweet things

Cakes, pastries, ice cream wafers and cones, biscuits and doughnuts.

Hydrolysed vegetable protein (HVP) can be derived from wheat. It is used in sauces, soups and gravies.

Pasta

Any pasta made with wheat or semolina flour.

Soy sauce

A small amount of wheat is usually used to produce this sauce unless it is clearly marked Wheat-Free.

Wheat flour or whole wheat flour

Can be present in gravy, salad dressings, sauces, soups and other processed foods.