



EARS, NOSE & THROAT ALLERGY THERAPY FACIAL PLASTIC SURGERY

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WHEAT

1. No commercial cereals except puffed rice, Cream of Rice or millet.
2. No oats, barley or rye products unless they are wheat free.
3. No bologna, cold cuts, hot dogs, or hamburger unless freshly ground at the butcher.
4. No commercially breaded foods, cakes, cookies, pies, pastries, or candies.
5. No chocolate candies except those made with bitter cocoa.
6. No dark soda, cola, root beer or Dr. Pepper.
7. No bouillon or commercially prepared soups or stews.
8. No commercially batter-dipped foods.
9. No noodles, macaroni, or spaghetti unless made without wheat.
10. No gin, malted milk, Ovaltine, Postum, whiskey, or beer except Budweiser.
11. No bread, biscuits, crackers, muffins, popovers, pretzels, or rolls.
12. Beware of corn bread and rye bread as both of these may at times contain wheat.
13. No wheat flour, buckwheat flour, or gluten flour.
14. No gravies, flour breaded foods, griddlecakes, hot cakes, or ice cream cones.
15. No malt products, cooked sausages, matzos, pancakes, flour thickened sauces, waffles, or wheat germ.
16. No bread crumbs, dumplings, hamburger extenders, rusk, or Zwieback.
17. No synthetic pepper.
18. Use 100% corn, rye, rice, soybean, arrowroot, sesame, potato or tapioca flours, unless allergic to any of these.
19. May use rice cakes or rice flour.
20. Do not overlook meats fried in fats that have been used to fry other meats that have been dipped in flour.
21. Beware of stuffed foods as most use some type of wheat-based bread.