

WHEAT ALLERGY

FOOD ALLERGIES

Wheat is a grain that has been reported to trigger allergy symptoms. Children with a wheat allergy must avoid wheat in all forms.

Did you know that bulgur, malt, and seitan all contain wheat? Wheat may be an added ingredient in flours, baked goods and other products made with alternative grains, such as rice crackers.



LABELING WHEAT AS AN ALLERGEN

Products and packaging materials covered by the regulations from the South African Department of Health relating to the labelling and advertising of foods (R146 of 1 March 2010) that contain common allergen(s) must be labelled in plain English to declare that it “contains: (allergen(s))”. Thus if a product contains wheat it should appear on the label, “contains: wheat”.

Also, if it is not self-evident from the name of the ingredient that it is an allergen, the allergen must be indicated next to the ingredient, or at least listed in a “contains: wheat” statement beneath the list of ingredients.

TAKE ALL FOOD ALLERGIES SERIOUSLY - TRACE AMOUNTS OF FOODS CAN CAUSE A REACTION

IDENTIFICATION OF HIDDEN WHEAT ALLERGEN IN FOOD:

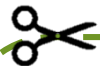
The draft regulations from South African Department of Health relating to the labelling and advertising of foods (R429 of 29 May 2014) state that the following ingredients found on a label indicate the presence of wheat. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

CONTAINS WHEAT

- | | |
|-----------------------------|----------------------|
| ⊙ All-purpose flour | ⊙ Graham flour |
| ⊙ Bleached/unbleached flour | ⊙ High protein flour |
| ⊙ Bulgur (cracked wheat) | ⊙ Kumut |
| ⊙ Bran | ⊙ Malt |
| ⊙ Couscous | ⊙ Millers bran |
| ⊙ Durum wheat/flour | ⊙ Semolina |
| ⊙ Enriched flour | ⊙ Spelt |
| ⊙ Farina | ⊙ Starch |
| ⊙ Gluten or vital gluten | ⊙ White flour |

MAY CONTAIN WHEAT

- | | |
|-------------------------|--|
| ⊙ Gelatinised starch* | *May indicate the presence of soy protein or may be manufactured from cassava (tapioca), maize or rice |
| ⊙ Modified food starch* | |
| ⊙ Vegetable gum* | |
| ⊙ Vegetable starch* | |



Consult a medical practitioner and registered dietitian (RD) to get recommendations and professional advice when dealing with allergies.

To contact RD, Chantelle van der Merwe, email chantelle@essnutriments.co.za or find a dietitian on www.adsa.org.za

You can also visit the Allergy Society of South Africa at <http://www.allergysa.org>

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REGISTERED DIETITIANS



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