

Wheat Allergens

Wheat allergy, or Celiac Disease, as well as Gluten Intolerance, are increasing problems, but what is more of a problem is keeping track of all of the various names that Wheat goes by. Following is a list of known names of Wheat.

Atta Flour	Bulgar
Burghul	Couscous
Cracker meal	Durum
Farina	Gluten
Graham flour	Kamut
Matzoh	Seitan
Semolina	Spelt
Tabouleh	Triticale
Wheat	Wheat Bran
Wheat flour	Wheat germ
Wheat meal	Wheat starch
Whole wheat berries	