

# Crawford & Fitch - Ear, Nose and Throat

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## WHEAT-FREE DIET Foods you CANNOT have:

### BEVERAGES

Coffee substitutes and other beverages made from wheat products. (Check labels for ingredients.) Malted drinks, beer and ale.

### BREADS

Whole wheat, graham, gluten and white breads, rolls, muffins and biscuits. Doughnuts, popovers, sweet rolls, johnny cake, pancakes, waffles, rusks, pretzels, zwieback and crackers (except Ry-Krisp). Prepared mixes for pancakes, waffles, biscuits, muffins, doughnuts, breads and rolls. Rice, potato and soybean breads, rolls, muffins and biscuits; corn and rye breads, rolls and muffins unless made at home without wheat flour.

### BREADED FOODS

In which breading mixture contains wheat products.

### CEREALS

Wheat cereals and those containing wheat or wheat products. (Read labels carefully.)

### DESSERTS

Cakes, doughnuts, dumplings, pastries, commercial sherbets, ice creams and ice cream cones. Custards, cookies, pies and puddings made with wheat products. Prepared mixes for cakes, cookies, ice creams, puddings and pie crusts, unless the list of ingredients on the label shows no wheat products.

### MEATS, POULTRY, GAME, FISH AND SEAFOOD

Swiss steak. Bread and cracker stuffings. Chili con carne, croquettes, fish or meat patties and loaves, unless made at home without wheat products (See recipes.) (Commercially and dealer-prepared meats frequently contain wheat products.)

### MISCELLANEOUS

Malt products. Dumplings, noodles, spaghetti, macaroni, ravioli, mostaccioli, vermicelli, soup rings, alphabets and kindred products.

### SALAD DRESSINGS

Any salad dressing thickened with wheat flour.

### SAUCES AND GRAVIES

Gravies, butter sauces, cream and white sauces unless homemade without wheat flour. Read labels on commercial sauces and do not use if they contain wheat products.

### SOUPS

Cream, unless made at home without wheat flour. Vegetable and meat soups, chowders and bisques if thickened with wheat products.

### SWEETS

Commercial candies that contain wheat products. Read labels.

### VEGETABLES

Any vegetable prepared or served with a sauce thickened with wheat flour or those prepared and served in any way with wheat products.

- Wheat and Wheat Products include: (1) all the following flours: white, bread, all-purpose, cake, pastry, self-rising, wheat, whole wheat, entire wheat, cracked wheat, graham, enriched; durum, phosphated; (2) also: wheat, wheat germ, bran, farina, semolina; (3) and in addition, cracker meal, bread crumbs and malt.

**NOTE:** When you buy packaged foods, read the labels carefully to be sure the list of ingredients includes none of the above. When you purchase food lacking a list of ingredients and when you eat away from home, if in doubt about any food and accurate information cannot be secured, substitute a choice about which there can be no doubt.