
Dietary advice for children who need to follow a milk and wheat free diet

Dietetics and Nutrition
Information for Patients

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What is wheat?

Wheat is a grain and is a main ingredient of many foods such as:

- breads,
- breakfast cereals,
- biscuits,
- cakes,
- pizza,
- pasta,
- pastries
- Yorkshire puddings

Wheat is not the same as gluten. Gluten is a protein found in cereals, including wheat, rye, barley. Oats are usually okay, but you may need to buy gluten free oats. Barley is usually best avoided. Malt contains barley. Gluten free foods are not always wheat free. Always check the label.

What is a milk and wheat free diet?

You may have been asked to follow a milk and wheat free diet by your dietitian or doctor. This could have been after an allergic-type reaction to milk and wheat-containing foods, or it could be as a trial to see if your symptoms are being caused by milk or wheat.

This means you may eat a normal diet but without **wheat** and **milk** (and any product **containing wheat** and/or **milk**).

There are many foods which use other grains such as rice, corn, buckwheat, and quinoa, and are naturally wheat free. There is also a selection of 'free from' products which have been specially made as wheat free alternatives. These are available in supermarkets or online for example, pasta, bread and cake mixes, many of which are also milk free. Dairy free desserts, e.g. soya yoghurts are available.

Obvious sources of wheat and milk	Hidden sources of wheat and milk
Wheat is most often used in the form of wheat flour. This is an ingredient in many foods. Most common wheat containing foods include: breads, breadcrumbs, chapattis, couscous, naan, breakfast cereals, biscuits, crackers, crumpets, scones, pancakes, wafers, cakes, pizza, pasta, pastries, semolina and Yorkshire puddings. Barley (malt) is present in most breakfast cereals. Milk can be labelled as lactose, whey, casein, caseinate, butter, cheese or milk. The foods we eat most often which have milk include: cheese, butter, yoghurt, rice pudding, milk-based drinks, ice cream / desserts and chocolate.	Wheat is also found in many manufactured and processed convenience foods. Wheat flour is often used as binder, filler, thickening agent, or as a carrier for flavourings or spices. Foods which may include wheat are: saucers, soups, spices, ready meals, battered/breaded meat and fish, processed meats, malted drinks, flavourings (e.g. on crisps). Many manufactured and processed foods contain milk such as: some breakfast cereals, baby foods, instant hot drinks, and chocolate spread, and pre-packaged salads and meats, e.g. ham. Wheat and Milk will always be clearly highlighted on ingredients lists for these products.

What other types of milk could I use?

Animal milks from cows, sheep and goats have certain proteins which should not be used in a milk free diet. They are likely to trigger symptoms. Lactose free cow's milk and lactose free dairy are not suitable as they contain whole cow's milk protein.

There are other types of milks that can be used that are plant-based such as soya, oat, pea, coconut and nut milks. Check they have added (fortified) vitamins and minerals including calcium. This is to make sure you get enough calcium on a milk free diet. You can also carry on using your allergen free formula or breastfeeding.

Plant-based milks can be used for young children to mix with foods and on cereal. They should **not** be given as the main milk drink until the child is at least 14 months of age (or 12 months for unsweetened soya milk which is higher in protein).

Please note:

- Many are sweetened– choose unsweetened milks
- Organic products will not be fortified with calcium
- Rice milk is not suitable for children under 4 ½ years old
- Growing up milk (oat) and Koko super have added protein and vitamins (for age 1 to 3)

Looking at labels

As many foods contain milk and/or wheat, it is important to check all food labels. In the UK, the word **wheat** or **milk** will be clearly listed in **bold**, *italics* or underlined type in the ingredients list if a food contains either allergen. For foods sold without packaging, such as in restaurants, cafes or delicatessens, allergen information must be provided in writing or verbally. Take care with foods where there is no visible label, such as market stalls or other people's houses.

Foods with "may contain traces of wheat/milk" or "made in a factory which uses wheat/milk" warnings are put on labels due to a low risk of contamination. These foods are very low risk for containing the allergenic ingredient. They are allowed unless otherwise advised by your Dietitian. They are usually fine for people who do not have coeliac disease or severe milk allergy.

Example ingredients label:

Cream of Chicken Soup

Ingredients: Water, Chicken (5%), Modified Maize Starch, Rapeseed Oil, Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Chicken Fat, Double Cream (**Milk**), **Milk** Proteins, Potato Starch, Yeast Extract, Salt, Flavourings, Chicken Extract, Onion Powder, Garlic Powder, White Pepper, Colours (Algal Carotenes, Paprika Extract), Sugar, Lemon Juice, Glucose Syrup, Sage, Garlic Extract.

For allergens, see ingredients highlighted in bold

Brands offering milk and wheat free alternatives

There are many foods which are naturally milk and wheat free, as well as many products which have been created as free from alternatives, so a milk and wheat free diet does not need to restrict dietary variety or compromise nutritional intake.

Below are some examples of brands offering milk and wheat free alternatives to commonly eaten foods. This is not an exhaustive list, and you may find other brands/own-brand alternatives you prefer when you feed confident in reading labels.

Breads

- Genius – Loaves/Bagels/Rolls/Wraps/Pizza Base - note some products contain milk, always check the labels
- Schar – Loaves/Rolls/Baguettes/Panini rolls/Pizza Base - note some products contain milk, always check the labels
- BFree – Brown Seeded Loaf/Panini rolls/Pitta breads/Wraps
- Supermarket own-brand "Free From" (wheat and milk) breads

Pastas / Grains

- Napolina **Gluten Free** (penne and fusilli).

- Barilla **Gluten Free** (penne, fusilli, spaghetti).
- Supermarket own-brand “Free From” (wheat and milk) pastas.
- Free from couscous (e.g. Sainsbury’s own).

Biscuits

- Mrs Crimble’s Coconut Macaroons and Coconut Rings - note not all products are milk free
- Nairns Gluten Free biscuit breaks, chunky oat biscuit breaks, oaties - Note: Nairns make other biscuits that may contain wheat. Cheese flavour biscuits contain milk.
- McVitie’s Gluten Free Hobnobs (original only) - note McVitie’s is not a fully milk/wheat free brand, other biscuits may contain wheat or milk – including ordinary hobnobs
- Juvela sweet biscuits
- Supermarket own-brand “Free From” (wheat and milk) biscuits
- Free from baking mixes

Gravy

- Knorr Gluten Free Instant Gravy
- Bisto Gluten Free Instant Gravy
- Marigold Health Foods Instant Gravy and Organic Gravy
- Supermarket own-brand “Free From” (wheat and milk) gravy
- Most stock pots

Stock cubes

- Beef Bovril stock cubes
- Knorr stock cubes

Baking powder

Most baking powders contain wheat flour. There are some that are wheat free;

- Barkat Gluten Free Baking Powder (the filler is rice flour) - Gluten Free Foods Ltd
- Dr. Oetker also makes a gluten free baking powder which is available in many supermarkets. Check the label before you buy. (The filler is maize)
- Royal Baking Powder can be found in many supermarkets. (The filler is maize)
- Doves Farm Baking Powder (the filler is corn starch)

Baking without wheat

Recipes made with flours other than wheat flour are often very crumbly. Xanthan gum can be added to wheat free recipes, especially bread to help make a better product. Try adding ½ teaspoon per 180g special flour for cakes and 1 teaspoon per 180g special flour for bread. It is available from: Doves Farm 01488 684 880 www.freee-foods.co.uk/

Mixes– many wheat free flour, bread, cake and pizza mixes are available (use milk substitute in recipes). Free and easy flatbread mix is useful for chapattis and flat breads.

Example meal plan:

Breakfast	Snack	Lunch	Snack	Dinner	Pudding
Rice Krispies, Oatabix or cornflakes* with dairy free milk *Choose gluten free if sensitive to barley/malt	Fruit, nuts or rice cakes	Ham sandwich on wheat free bread. Check ham is not bread-crumbed/coated with anything containing wheat/milk. Use dairy free margarine Dairy free yoghurt and fruit with nut butter	Fresh vegetable sticks or gluten free crackers with hummus – check hummus does not have wheat	Sausage, mashed potatoes and peas. Check sausage and gravy are wheat free. Cook mashed potato with dairy free milk/margarine.	Dairy free yoghurt and berries. Check yoghurt is not thickened with wheat flour.
Wheat and milk free toast with dairy free margarine and jam	Dairy free yoghurt	Tuna pasta bake with sweetcorn and broccoli. Use wheat free pasta, and dairy free cheese / margarine / milk	Fruit	Beans on wheat free toast with dairy free cheese – check beans and pre-grated cheese for wheat and milk	Wheat and milk free cake/biscuit. Think about trying various brands/types to find one your child likes or try baking some yourself
Wheat and milk free pancakes with berries (Use a gluten free mix and milk substitute or homemade recipe)	Apple slices and peanut butter	Vegetable omelette with tomatoes and cucumber. Use dairy free margarine / cheese Fruit Salad	Wheat and milk free crackers with dairy free cheese	Roast dinner – make/buy wheat and milk free Yorkshire Puddings, stuffing, gravy	Milk free ice cream with strawberries. Check ice cream is wheat free

Other main meal ideas

- Pasta Bolognese with wheat free pasta. Check stock cube for wheat/milk
- Chicken curry with rice and poppadums. Check spice mixes/sauces for wheat, use coconut cream
- Chicken casserole. Check stock cube for wheat/milk and make sure dumplings are made milk and wheat free
- Jacket potato with dairy free cheese and beans / tuna / vegetable chilli. Check baked beans for wheat
- Stir fry with rice noodles. Avoid soy sauce. Check stir fry sauces for wheat/milk
- Shepherd's/Cottage pie. Check stock cube for wheat, make mashed potatoes with dairy free milk
- Fish or chicken goujons with peas and oven chips or wedges. Check chips for wheat. Homemade versions are easy to make
- Homemade pizza using a wheat free pizza mix or free from pizza base with tomato purree, vegetables or ham/chicken and dairy free mozzarella
- Many milk and wheat free recipes are available online

Contact details

Dietetic and Nutrition Department: 0116 258 5400

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