

Allergic to wheat, but not gluten

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Through blood tests, my friend learned that she is allergic – not merely sensitive – to wheat but not gluten. Many books suggest alternatives (amaranth, buckwheat, millet, montina, quinoa, sorghum, teff, etc). But without knowing specifically which component of wheat a person is allergic to, how can one be sure that that component isn't also present in a "safe" alternative?

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