

# Full Circle Wellness Allergy Guide

Here is a handy guide explaining Gluten & Dairy Allergies and to help you figure out what you can and can't eat when reading food labels.

Gluten is made up for the following 5 categories:

## Gluten



Wheat



Oats



Bran

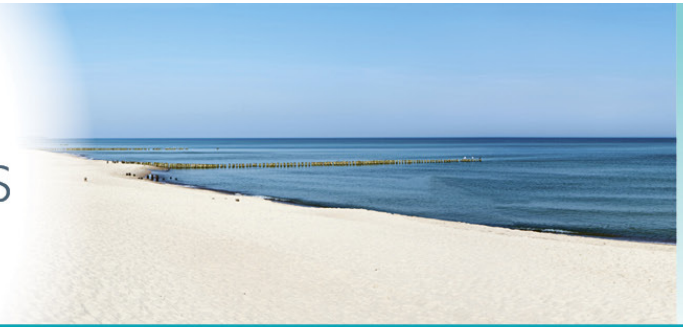


Rye



Spelt

If you are allergic to **“gluten”**, you are unable to eat anything below the blue arrows (you are therefore allergic to wheat, oats, bran, rye and spelt). But if you are allergic to only **“wheat”**, you are able to eat everything else to the side of the blue arrows – i.e. you don't need to your food to be “gluten-free,” you can eat oats, bran, rye & spelt – just not wheat.



# Full Circle Wellness Allergy Guide

Here is a handy guide explaining Gluten & Dairy Allergies and to help you figure out what you can and can't eat when reading food labels.

Dairy includes the following items (there are more but these are the most common found on food labels):

## Dairy



Lactose    Whey    Casein

If you are allergic to **“dairy”**, you are unable to eat anything below the blue arrows (you are therefore allergic to lactose, whey and casein). But if you are allergic to only **“lactose”**, you are able to eat everything else to the side of the blue arrows – i.e. you don't need to your food to be “dairy-free,” you can eat whey and casein– just not lactose.