



Chrishana Ogilvie-McDaniel, MD, Thomas A. Scott, MD and
Heather Vas, PA-C
Allergy and Asthma
3311 E. Murdock
Wichita, KS 67208

Rice Allergies

A food sensitivity to rice is much less common than wheat. Because rice is not a principal food in the American diet, it is considerably easier to restrict than either wheat or corn. A rice-restricted diet alone should not cause any dietary problems. However, if a rice restriction is combined with another grain restriction, evaluation of nutrient intake may be more important. Rice contributes thiamin, riboflavin, niacin, and iron, primarily via fortification of these nutrients. Words that indicate rice may be found as an ingredient are:

- Rice flour
- Rice starch
- Rice noodles
- Rice bran

Foods that contain these items should be avoided on a rice-restricted diet.