

Wheat in sweets

From the sweeties.net wiki

Wheat is not what most people picture in a bag of sweets, yet it appears in several of them. Cereals containing gluten, such as wheat, barley, rye and oats, are one of the 14 allergens, so wherever they appear in a packed sweet, they must be emphasised in the ingredients list.

Where wheat turns up

- **Liquorice.** The essential ingredients of black liquorice are liquorice extract, sugar and a binder, and the base is typically starch or flour, gum arabic, gelatine or a mix of them. Where the flour is wheat flour, the sweet contains gluten: see [are sweets gluten free?](#)
- **Wafer bars.** Published ingredient lists for Kit Kat, a wafer bar, include wheat flour in several countries.
- **Malted centres.** Maltesers have a malted milk centre, and their European ingredients include barley malt extract and wheat flour.

The glucose syrup exemption

Glucose syrup is used in confectionery, and it can be made from wheat as well as from maize, potatoes and other starches. The allergen rules make a specific exception: wheat based glucose syrups, including dextrose, and wheat based maltodextrins do not count as a gluten allergen, and neither do glucose syrups made from barley. So a sweet can contain glucose syrup made from wheat without being labelled as containing gluten.

Gluten free means 20 parts per million

A gluten free claim on a UK label means the food contains no more than 20 parts per million of gluten, as Coeliac UK explains. Sweets without the claim may still contain no gluten ingredients, but only the claim tells you the 20 parts per million limit is met, and some sweets carry precautionary warnings: see [what does may contain mean on sweets?](#)

Coeliac disease and wheat allergy

Coeliac disease is caused by eating gluten, found in wheat, barley, rye and their derivatives, and a gluten free diet is an effective treatment. A wheat allergy is a different condition. Both mean checking every label, including on sweets.

In our pick and mix, liquorice sweets such as Liquorice Allsorts and soft liquorice twists are the ones to check first if you avoid wheat. Each sweet card shows its ingredients and allergens before you buy.

Earn rewards on sweeties.net

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



sweeties.net · Tunbridge Wells, Kent · hello@sweeties.net · 3-click cancel at sweeties.net/cancel/