

How to Replace Gluten & Grains

GRAINS WITH GLUTEN:

- **wheat**
- **rye**
- **barley**

- **oat**
(different gluten without gliadin)

- **spelt ***
- **kamut ***



lower
content
in
gluten

GRAINS WITHOUT GLUTEN:

- **rice, wild rice, corn, millet, teff, sorgho**

STARCHES WITHOUT GLUTEN:

- **tubers: sweet potatoes, potatoes, yam, manioc**
- **roots: turnip, parsnip, swede, beetroot, carrot**
- **pulses: pea, chickpea, lentils, beans, edamame**
- **pseudo-grains: quinoa, amaranth, buckwheat**