



Gluten Free Facts

What is gluten?

Gluten is a protein found predominantly in certain grains.

It may also be found hidden in many processed food items including sauces, soups, seasoning & spice mixes, salad dressings, soy sauce, beer, candy, frozen meals, and some supplements, so always check labels!

Gluten Containing Foods (foods to avoid)

Barley Malt & Malt syrup
Bulgur Oat bran
Couscous Oats (certified gluten free oats are ok)
Durum Oat syrup
Einkorn Rye
Emmer Semolina
Filler Spelt
Farro Triticale
Graham flour Wheat
Kamut Wheat bran/germ/starch

Gluten Free Foods (foods to eat)

Optimal for side dishes: quinoa, sweet potato, brown/wild rice, beans/lentils

Optimal for lower carb and higher fiber baking: almond flour, coconut flour

Almond flour	Coconut flour	Potato starch	Tapioca
Amaranth	Flax seed/meal	Quinoa	Teff
Arrowroot	Legumes	Rice (brown, wild, black, basmati, jasmine)	
Buckwheat	Millet	Sorghum	
Chia seed	Potato	Sweet potato	

*corn, white rice & white potato are considered gluten free, but are NOT recommended for many reasons: GMO, grain based, high glycemic index