

## GRAINS & SENSITIVITY

**Gluten** is a protein in many grains. It makes the fluffy or chewy texture of baked goods.

Some people are sensitive to wheat, some to gluten. Wheat contains gluten.

**IF YOU'RE SENSITIVE TO GLUTEN, AVOID GLUTEN AND WHEAT GRAINS.**

**IF YOU'RE SENSITIVE TO WHEAT, YOU CAN EAT THE GLUTEN CONTAINING GRAINS** from the wheat-free list, and of course the gluten-free grains.

### Gluten Free Grains

Gluten-free always means wheat-free!

- Amaranth
- Arrowroot
- Buckwheat & Kasha
- Corn & Popcorn
- Flax
- Glutinous rice (=sticky, not gluten protein)
- Hemp (but research ongoing)
- Millet
- Milo
- Potato flour
- Quinoa
- Rice & Wild Rice
- Rosematta
- Sesame
- Sorghum a.k.a. Milo
- Soy
- Sunflower
- Tapioca
- Tef
- Texami
- Tree nuts & Peanuts

### Wheat Free Grains

These grains contain gluten but not wheat. Some of these grains are technically related to wheat (e.g. kamut, spelt) but have not been ruined as much of the modern wheat has been. Therefore they're safe for people who can tolerate gluten but not wheat.

- Barley
- Kamut
- Oats
- Rye
- Spelt

### Wheat Grains (contain gluten)

- Bulgar
- Cous-cous
- Durum a.k.a. Emmer
- Einkorn
- Fu
- Graham
- Mir
- Seitan
- Semolina & Farina
- Triticale
- Wheat

### Caution List

These goods can be made of different grains. If you need to avoid gluten, look for gluten-free status on the label. If it's not there, then err on the side of caution and avoid these grains.

- Bran
- Cereal
- Flours
- Grits
- Grouts
- Roasted nuts (processing agents)
- Hulls
- Malt
- Modified starch
- Starch
- Udon noodles