

Gluten vs. Non-Gluten Brand Options

Below is a list of the grains which are contain some form of gluten. It is important to understand which grains are considered gluten and which ones are more likely to cause sensitivity than others.

OATS (oat bran, oatmeal, whole oats)
WHEAT (bulgur, couscous, cracked wheat, wheat-berries, wheat bran, whole wheat flour)
BARLEY
RYE
SPELT
KAMUT (kamoo)
Non-hybridized hard spring wheat, rich buttery flavor, chewy texture
Does contain mild amount of gluten; 30% more protein than wheat
Mg, Zn, E
TRITICALE (cross between wheat and rye)
SEMONILA (pasta wheat)

NG = non gluten

Please note Buckwheat and Quinoa are both acid forming.

NG CORN (corn bran, corn flour, corn meal, polenta, popcorn)

Recommend non genetically modified corn

NG AMARANTH

“sticky” mild, sweet malt nutty flavor

Very high in Fe; Ca, K, P, A, C, lysine, methionine

NG BUCKWHEAT

NG RICE (basmati, brown, wild, black, red)

NG MILLET (sorghum is millet-like also called milo)

Not acid forming, soothing, easy to digest, mild sweet nutty flavor

B-complex, methionine, Fe, Mg, P, K, E

Can decrease iodine uptake, moderation intake recommended

NG TEFF (lovegrass, annual bunch grass)

Mild nutty flavor, slight molasses sweet taste

Very high in Ca; P, Fe, Cu, Al, Br, B1, lysine

NG QUINOA

Seed of a leafy plant, related to spinach; slow releasing CHO so stomach will feel full

9 amino acids, Mg, Fe, Cu, P, Mn, B2

RED QUINOA or a “sprouted” gluten has absolutely no trace of gluten both good sources of B2 and B9 (folate)

How do I know I am not getting white flour?

If the label says “wheat flour” or “enriched flour” than it is white flour is disguise.

CEREAL BRANDS

If you are going to purchase a cereal, make sure you get one that says whole corn non gmo versus de-germed.

Natures Path www.naturespath.com

Perky's www.enjoylifefoods.com

Barbara's www.barbarasbakery.com

Kashi (NOT A GOOD GLUTEN FREE OPTION)

Health Valley www.healthvalley.com

Erewhon www.erewhonmarket.com (ordering on line California based)

SNACKS

Rice Cakes, Ry-Krisp or Finn Crisp (NOT A GOOD OPTION predominantly rye based), Akmak (NOT A

GOOD OPTION contains whole wheat), Barbara's pretzels , Hain www.hainpurefoods.com (limited website), Health Valley, Earths Best www.earthsbest.com, Annies Organic Bunnies www.annies.com

PASTA

Semolina (NOT A GOOD OPTION high gluten content), Jerusalem artichoke, Soba (NOT A GOOD OPTION made of buckwheat & wheat flour), Udon (NOT A GOOD OPTION made of wheat flour)

Deboles Pasta www.deboles.com (also have corn free options)

Mrs. Leepers GF Pasta <http://internaturalfoods.com/MrsLeepers/MrsLeepers.html>

BREAD

Udis <http://udisglutenfree.com/ppc-gluten-free>

Everyday gluten-free foods

Fresh meat	Fish and shellfish	Poultry and game
Vegetables	Fresh herbs	Fruit
Dried fruit	Nuts	Eggs
Cheese	Cottage cheese (not cheese spreads)	Milk
Dried beans, peas and pulses	Vegetable oils, sunflower oil, olive oil	Almonds, ground or whole
Rice, ground, long or short grain	Rice cakes/crackers	Rice flour (and other
Yeast	Cream of tartar	Bicarbonate of soda
Sugar	Dried peppercorns	Cornflour (from the maize plant)
Tamari soy sauce	Marmite (only if made in the UK)	Yoghurts (without crunchy bits)
Cider vinegar	Wine vinegar	Distilled vinegar
Sago	Tapioca	Millet
Quinoa	Flax seed	Corn Tortillas
Corn tacos	Popcorn (check any coating)	Homemade soups (not roux based)
Jelly (jello)	Jam	Marmalade
Honey	Golden syrup	Black treacle or molasses
Tea (check herb teas first)	Fruit juice	Fruit squash (not barley water)
Xanthan gum (replaces "elastic" quality of gluten)		

Winter	Spring	Summer	Autumn/Fall
Beetroot	Purple Sprouting Broccoli	Asparagus	Wild mushrooms
Cabbage	Carrots	Courgettes (Zucchini)	Sweetcorn
Leeks	Spring onions (Scallions)	Mange Tout	Beetroot
Onions	New potatoes	Globe Artichokes	Sweetcorn
Brussels Sprouts	Spring greens	Garden Peas	Cauliflowers
Shallots	Lettuces	Green beans	Carrots
Parsnips	Asparagus	Cucumber	Marrows
Swede	Broad beans	Lettuces	Broccoli
Spinach	Spinach	Radishes	Butternut squash
Curly Kale	Rhubarb	Watercress	Turnips
Artichokes		Peppers	Cabbages
Pumpkin		Tomatoes	Parsnips
Apples		Sweetcorn	Celery
Pears		Summer berries	Leeks
Nuts		Cherries	Apples
Bananas (year round)		Currants	Pears
Oranges (year round)		Plums	Almonds
		Melons	Chestnuts
		Apricots	Elderberries
			Grapes
			Figs