

WHICH GRAINS ARE GLUTEN-FREE?

It's important to note that gluten-intolerant people CAN eat whole grains. In fact, as you'll see from the list below, a large number of gluten-free grain choices are available. **Most grains are gluten-free!** The grains on the right are gluten-free whole grains, when they are consumed with all of their bran, germ, and endosperm.

Grains with Gluten	Gluten FREE Grains
Wheat, including varieties like spelt, kamut, farro and durum; and products like bulgur, semolina	Amaranth
Barley	Buckwheat
Rye	Corn
Triticale	Job's Tears (or Hato Mugi)
	Millet
	Montina (Indian rice grass)
Oats** see below	Oats** see below
	Quinoa
	Rice
	Sorghum
	Teff
	Wild Rice

****Oats are inherently gluten-free, but are frequently contaminated with wheat during growing or processing. Several companies (Bob's Red Mill, Cream Hill Estates, GF Harvest (formerly Gluten Free Oats), and Avena Foods are currently among those that offer pure, uncontaminated oats. Ask your physician if these oats are acceptable for you. [Click here](#) for a discussion on oats in the gluten-free diet or visit Health Canada's website for an *extensive technical review* on the safety of oats in the GF diet.**

GLUTEN FREE GRAINS PAIR WITH OTHER HEALTHY SUBSTITUTES

Many creative recipes have been developed for gluten-intolerant people, using the gluten-free grains above along with foods like nuts, arrowroot, beans, chestnuts, mesquite, potato, soy, and tapioca, all of which are gluten-free.

Some of these ingredients make deliciously healthy breakfast cereals and side dishes, while others are ground into flours for flavorful baked goods such as pizza, desserts, and breads.

For a quick and easy reference on cooking gluten free grains, [click here](#) (144K PDF)

For gluten-free baking tips, visit [The Savory Palate](#).

For more information on foods that are acceptable for the gluten-free diet, see the [Quick Start Diet Guide](#) at [Gluten.net](#). It was jointly developed by the [Gluten Intolerance Group of North America \(GIG®\)](#) and the [Celiac Disease Foundation](#).

WHERE TO BUY GLUTEN-FREE INGREDIENTS AND FOODS

Hundreds if not thousands of companies world-wide provide a huge array of gluten-free foods and ingredients; many can be found at natural food stores. Some grocery stores carry gluten-free goods. Gluten-free items are available through mail-order at many places including

Mail Order Sources for Gluten Free Ingredients and Products	
Amazing Grains	GoGo Quinoa
Arrowhead Mills	Hodsgon Mill
The Birkett Mills	HomeFree
Bob's Red Mill	Jovial Foods
Canyon Bakehouse	Lundberg Family Farms
Cream Hill Estates	Mom's Place Gluten Free
Crunchmaster	Montana Monster Munchies / Legacy Valley
Ener-G.com	Mother's Farms
Enjoy Life Natural Brands	Northern Quinoa Corporation
Fabe's All Natural Bakery	Nu-World Amaranth
Gifts of Nature	Pamela's Products
Gluten Free	Quinoa Corporation / Ancient Harvest
Gluten-Free Mall	The Teff Company
GF Harvest / Gluten Free Oats	Twin Valley Mills
Gluten Solutions	Udi's Gluten-Free

Many products from the companies above are also available in your local stores.

HIDDEN SOURCES OF GLUTEN

Gluten hides in many unsuspecting places such as candy, sauces, and malt flavoring. Other ingredients appear suspicious, but may be safe. To learn more, visit **Gluten Free Living**. If in doubt about a particular food, ask the manufacturer about the ingredients and the standards they use to assure your safety.

WHAT DOES THE LABEL SAY?

Reading labels is very important. In the U.S., the Food Allergen Labeling and Consumer Protection Act mandates that labels on foods manufactured after January, 2006, will list the word "wheat" to indicate the presence of wheat. But the label doesn't have to list other gluten-containing grains such as barley, rye, spelt, kamut, or triticale.

In mid-2013, the U.S. Food & Drug Administration (FDA) released **long-awaited standards** for what food companies can label as "gluten-free." These standards define gluten-free as containing fewer than 20 parts per million (ppm) of gluten -- a level consistent with standards in other countries.

GLUTEN FREE BLOGS

The Gluten Free RD (with Rachel Begun, MS, RDN, CDN)
Gluten-Free Diet (with Shelley Case, RD)
Carol Fenster Cooks (with Carol Fenster)

SUGGESTED COOKBOOKS AND BOOKS

These days, there are a great many wonderful gluten-free cookbooks to guide those who want to eat gluten-free deliciously. Take a look at some of these:

The Complete Gluten-Free Whole Grains Cookbook by Judith Finlayson
(Robert Rose, 2013)

125 Gluten-Free Vegetarian Recipes by Carol Fenster (Avery/Penguin Group, 2011)

100 Best Gluten-Free Recipes by Carol Fenster (Wiley, 2010)

1,000 Gluten-Free Recipes by Carol Fenster, PhD (Wiley, 2008)

American Dietetic Association Easy Gluten-Free by Tricia Thompson, MS, RD and Marlisa Brown, MS, RD, (Wiley 2010)

Best Gluten-Free Family Cookbook by Donna Washburn and Heather Butt
(Robert Rose, 2005)

Complete Gluten-Free Cookbook by Donna Washburn and Heather Butt (Robert
Rose, 2007)

Cooking Free by Carol Fenster, PhD (Avery/Penguin Group, 2005)

Food Allergy Survival Guide by Vesanto Melina, MS, RD, Jo Stepaniak, MEd,
Dina Aronson, MS, RD (Healthy Living Publications, 2004)

Gluten-Free 101 by Carol Fenster, PhD (Savory Palate, 2006)

Gluten-Free Diet: A Comprehensive Resource Guide by Shelley Case, RD (Case
Nutrition Consulting Inc., Expanded Edition, 2010)

Gluten-Free Friends by Nancy Patin Falini, RD (Savory Palate, 2003) - book for
kids

Gluten-Free Makeovers by Beth Hillson (Da Capo Lifelong Books, 2011)

Gluten-Free Quick & Easy by Carol Fenster, PhD (Avery/Penguin Group, 2007)

The Wheat-Free Cook by Jacqueline Mallorca (William Morrow, 2007)

Wheat-Free Recipes & Menus by Carol Fenster, PhD (Avery/Penguin Group,
2004)

FOR ADDITIONAL INFORMATION

For additional information, see the web sites of these organizations and Celiac
Disease Centers in the U.S.:

- The National Foundation for Celiac Awareness / Celiac Central
- MassGeneral Hospital for Children Center for Celiac Research & Treatment
- The BIDMC Celiac Center
- University of Chicago Celiac Disease Program
- The Celiac Disease Center at Columbia University
- The Mayo Clinic
- The National Institutes of Health (NIH)

*The Whole Grains Council thanks Carol Fenster, Ph.D. and Shelley Case, RD for
contributing most of the content on this page. Carol is President/Founder of Savory
Palate, Inc. and author of Gluten-Free 101: Easy, Basic Dishes without Wheat and
several other books. Shelley Case, RD, of Gluten-Free Diet is a leading international
nutrition expert on celiac disease.*

Source: <http://wholegrainscouncil.org/whole-grains-101/gluten-free-whole-grains>
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