

Gluten Free Grains - List

Gluten Free Grains

- Amaranth
- Arrowroot
- Buckwheat
- Corn and cornmeal
- Flax
- Gluten-free flours
 - Rice
 - Soy
 - Corn
 - Potato
 - Bean
- Hominy (corn)
- Millet
- Oats (Gluten-Free)
- Quinoa
- Rice
- Sorghum
- Soy
- Tapioca
- Teff

Grains with Gluten

- Barley
- Oats (Can contain Gluten)
- Rye
- Triticale
- Wheat
 - Bulgur
 - Durum flour
 - Farina
 - Graham flour
 - Kamut
 - Semolina
 - Spelt