

Safe Wheat Alternatives

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Amaranth

Arrowroot

Bean Flours

Buckwheat

Cassava

Chickpea flour

Coconut flour

Corn (popcorn, grits, cornmeal, corn flour, cornstarch, corn bran, corn on the cob)

Flax seed

Mesquite flour

Millet

Montina flour

Nut flours

Oats that are gluten free

Potato

Quinoa

Rice (flour, brown rice, white rice, wild rice, rice bran)

Sorghum

Soy (flour and soybeans)

Tapioca (pearls, flour, starch)

Teff

Yams

Yucca

*These grains listed SAFE instead of wheat are from the Celiac Disease Center at Columbia University.

