

GUIDE to GLUTEN-FREE GRAINS

9 gluten-free grains & pseudo-grains to incorporate into gluten-free meals

	What It Is	Nutrition It Offers	How to Use It	Where to Find It
Quinoa	Seeds of the quinoa plant, a gluten-free ancient grain that contains all 9 essential amino acids.	Significant source of fibre & protein (8g per 1cup); high in B vitamins, magnesium, iron, potassium, vitamin E, phosphorous.	Use in a salad or as a salad topper; use in place of oatmeal; use in place of rice in sushi rolls for extra protein; choose quinoa pasta in replace of brown rice pasta for higher protein.	Local grocery store in natural food or grains aisle; online at well.ca.
Rice	A seed from grass species; used as a cereal grain. Many varieties containing different nutritional values, all gluten-free.	1 cup of long grain, brown rice contains 5g of protein, alongside calcium, magnesium, phosphorus, potassium, & selenium. Stick to long grain brown rice or wild rice for maximum nutrition.	Fry with veggies & serve as a main or side dish; use as a salad topper; mix with veggies to make a salad; use rice flour in baking; use rice milk in smoothies, baking, etc.; have puffed rice cereal in place of conventional cereals.	Just about anywhere!
Oats	Popular seeds from the cereal oat plant.	6g of protein & 8g of fibre per cup; rich in manganese, molybdenum, & magnesium.	Spruce up your morning oats with different fruits & spices; make into muffins; add to pancakes for extra protein & fibre.	Just about anywhere! But make sure they are gluten free, as some oats contain gluten through cross-contamination.
Millet	Small grass seed cereal that is similar to teff & quinoa; popular in Africa & India.	Significant source of protein, fibre, B vitamins, & manganese.	Cook in liquid, or toast; make as porridge; add spices & herbs to make into salad; use as a breading-substitute; make into veggie burger patties.	Local health food store or grocery store in natural health aisle; well.ca.
Amaranth	Perennial plant flower; popularly eaten by the Spanish.	A rich source of plant-based protein; high in folate, calcium, magnesium, phosphorous, potassium; source of selenium.	Make into patties with lentils; make amaranth crisps; use in replace of couscous in salads; throw into stew; use as cereal; pop like popcorn.	Most local grocery stores; health food stores.
Buckwheat	A hearty, ancient triangular seed.	Rich source of complex carbohydrates & amino acids; high in protein & fibre; high source of manganese, magnesium, phosphorous, & some B vitamins.	Make into pancakes or waffles; enjoy as 'soba' noodles; make into crusts for desserts or pies; top soups or salads.	Most local grocery stores in natural health aisle; health food stores.
Corn	Also known as maize, corn is a large, gluten-free grain.	High in fibre, vitamins A, E, & B vitamins; rich in magnesium, manganese, & iron.	On the cob flavoured with lime & spices; air-popped popcorn; in salads; creamed with coconut milk.	Anywhere! But opt for non-GMO.
Teff	Small grass seed that is similar to millet & quinoa.	High in protein, fibre, calcium, & iron.	Make into porridge, teff flour can be made into flatbread, breads or cookies;	Natural health food store or grocery store in natural health aisle; well.ca.
Sorghum	A grass grain usually found in syrups and molasses.	Source of B vitamins, magnesium, iron, copper, calcium, phosphorous, potassium; high in protein & fibre.	Use in a salad or as a salad topper; substitute whole wheat flour with sorghum flour; use sorghum syrup for a natural sweetner.	Health food store; bulk store; natural health aisle at local grocery store.

Try some of these gluten-free flour options next time you bake!

- Quinoa flour
- Rice flour
- Oat flour
- Coconut flour
- Chickpea flour

Gluten-Free Cookbooks & Websites:

- *Against All Grain* cookbook by Danielle Walker (Paleo cookbook)
- *Against All Grain* website: www.againstallgrain.com
- *Paleo Cooking from Elana's Pantry* cookbook by Elana Amsterdam (Paleo cookbook)
- *Elana's Pantry* website: www.elanapantry.com
- *Oh She Glows* cookbook by Angela Lindon (Plant-based cookbook, *mostly* gluten-free)
- *Oh She Glows* blog www.ohsheglows.com
- *My New Roots* cookbook by Sarah Britton (plant-based cookbook)
- *My New Roots* website: www.mynewroots.org