

# Celiac Grain Reference

## Gluten-Free vs. Gluten-Containing Grains

### • SAFE (GLUTEN-FREE)

- Amaranth
  - Arrowroot
  - Buckwheat (Kasha)
  - Corn (Maize)
  - Flax
  - Millet
  - Oats (Certified GF)
  - Quinoa
  - Rice (All varieties)
  - Sorghum
  - Soy
  - Tapioca
  - Teff
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### • AVOID (CONTAINS GLUTEN)

- Barley
  - Bulgur
  - Couscous
  - Durum
  - Einkorn
  - Emmer (Farro)
  - Freekeh
  - Kamut
  - Malt
  - Rye
  - Semolina
  - Spelt
  - Wheat
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*Verification of "Certified Gluten-Free" labeling is recommended to avoid cross-contamination, especially regarding oats and processed flours.*