

WHEAT-FREE GRAIN REFERENCE

Comprehensive Guide to Cereal & Pseudo-Cereal Alternatives

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Amaranth	Pseudo-cereal	Earthy, Peppery	Porridge, Polenta, Thickening soups
Buckwheat	Pseudo-cereal	Nutty, Robust, Toasted	Soba noodles, Pancakes, Kasha
Millet	True Cereal	Mild, Corn-like	Fluffy side dish, Salads, Flatbreads
Oats (Certified)	True Cereal	Sweet, Creamy	Breakfast, Baking, Granola bars
Quinoa	Pseudo-cereal	Nutty, Delicate	Grain bowls, High-protein salads
Rice (Brown/Wild)	True Cereal	Neutral to Floral	Stir-fry, Pilaf, Risotto
Sorghum	True Cereal	Sweet, Earthy	Popped snacks, Flour blends, Syrup

Teff	True Cereal	Molasses, Cocoa-like	Injera, Puddings, Dark breads
Corn (Maize)	True Cereal	Sweet, Starchy	Tortillas, Polenta, Grits

Note: Always ensure grains are processed in a wheat-free facility to avoid cross-contamination. Pseudo-cereals are seeds from broad-leaf plants used similarly to true cereal grains.