

GLUTEN-FREE GRAINS REFERENCE

Print Chart

| GRAIN NAME | CATEGORY | COMMON USES |
|-------------------|---------------------|----------------------------------|
| Quinoa | Pseudocereal | Salads, bowls, protein-rich base |
| Buckwheat | Pseudocereal | Soba noodles, pancakes (kasha) |
| Amaranth | Pseudocereal | Porridge, thickening soups |
| Millet | True Grain | Fluffy sides, breakfast cereal |
| Sorghum | True Grain | Baking flour, popped snacks |
| Teff | True Grain | Injera bread, iron-rich baking |
| Brown Rice | True Grain | Daily staple, stir-fry, sushi |
| Wild Rice | Grass Seed | Pilafs, stuffing, hearty salads |
| Oats (Certified) | True Grain | Oatmeal, granola, cookies |

Always ensure products are labeled "Certified Gluten-Free" to avoid cross-contamination.