

GLUTEN VS. GLUTEN FREE

GLUTEN

Wheat

- Semolina
- Durum

Whole wheat

Spelt

Kamut

Barley

Panko

Udon

Orzo

Bran

Rye

Pumpernickel

Oats*

GLUTEN FREE

Rice

- White
- Wild
- Basmati

Buckwheat

Millet

Amaranth

Quinoa

Sorghum

Arrowroot

*Note: Unless oats are certified gluten free, assume that they have GLUTEN! For the purposes of the elimination diet it may be best to stay away from all oats just to be as accurate as possible.