

The Northwest School for Botanical Studies
Compiled by Christa Sinadinos

GLUTEN FREE

Grains, flours & starches:

- Amaranth
- Arrowroot
- Beans
- Black gram
- Buckwheat
- Chickpea
- Corn
- Garbanzo
- Garfava
- Lentil
- Millet
- Nut flours
- Pea
- Pinto
- Potato
- Quinoa
- Rice
- Sorghum
- Soy
- Sweet Potato
- Tapioca

GLUTEN OR WHEAT CONTAINING

Grains and flours:

- Barley
- Bulgur
- Couscous
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Graham
- Kamut
- Matzoh Meal
- Oats
- Rye
- Semolina
- Spelt
- Tritical
- Wheat
- Wheat Germ
- Wheat Starch