



GUIDE TO COMMON PLANTS, SEEDS, GRAINS, CEREALS AND FLOURS

Sticking to the gluten free diet isn't always easy – but the good news is that there are plenty of grains that you can eat. Use our handy guide to know at a glance what to avoid and what to enjoy!

SUITABLE FOR A GLUTEN FREE DIET

Agar – from algae, can be used as an alternative to gelatine

Almond – often ground and used as an alternative to flour in baking

Amaranth – a traditional plant used in Africa

Buckwheat – used to make flour and noodles

Carageenan – from red seaweed, used as a food additive

Cassava (manioc) – the white or yellow flesh can be boiled and used as an accompaniment for meat dishes. Tapioca starch is produced from dried cassava root

Chestnut – ground and used for flour

Corn – also called maize, used for flour

Flax/linseed – seeds can be added to muesli

Fonio - a cultivated grain, mostly consumed in West African countries

Gram flour (besan) – from ground chickpeas

Hemp – flour and seeds used in bakery and cereal products

Hops – used in the brewing of beer

Maize – also called corn, used for flour

Millet/bajra – cereal used in porridge

Mustard – plant used for flour and powder

Polenta – boiled cornmeal

Potato – flour/starch used in baking and to thicken sauces and soups

Pulses (peas, beans, lentils) – can be ground into flour and used in a variety of dishes

Quinoa – closely related to beets and spinach, used in muesli, salads and baking

Rice – for example wild, arborio, basmati

Sago – starch extracted from sago palms, used as thickener

Sesame – seeds used in baking

Sorghum – sorghum malt is used in gluten free brewing

Soya – beans are ground to make soya flour

Tapioca – starch from the root of the cassava, commonly used to make tapioca pudding

Teff – a grass with small seeds, used to make flour

Urd/urid/urad flour – ground lentils

This information is for guidance only and should not replace advice given by your healthcare professional.

By nature these foods do not contain gluten. Some flours may be milled in the same place as wheat, barley or rye so can be contaminated with gluten. Please ensure there is no precautionary allergen labelling (such as a may contain) for any cereals containing gluten on the pack. If such a statement is visible, we advise that you do not consume the item. Flours labelled gluten free have been specially produced to be free from contamination.

SPECIAL CONSIDERATIONS

Barley malt extract* – Barley malt extract (some breakfast cereals containing barley malt extract are suitable if they are labelled gluten free).

Oats* – Oats do not contain gluten, however they are often contaminated with gluten during processing. Oats that are NOT labelled gluten free should always be avoided. Check with your healthcare professional before introducing gluten free oats into your diet.

NOT SUITABLE FOR A GLUTEN FREE DIET

Barley – including products that contain malted barley, such as malted drinks, beers, ales, lagers and stouts

Bulgar wheat – part cooked wheat

Couscous – granules made from semolina

Durum wheat – wheat used in making pasta and bread

Einkorn – an ancient form of wheat

Emmer – wheat, also known as farro

Freekeh – a green wheat that is harvested when young

Khorasan wheat (sometimes sold commercially as Kamut ®) – ancient wheat grain

Pearl barley – barley which has the hull and bran removed

Rye – closely related to barley and wheat

Semolina – coarse particles of wheat, used to make pasta and puddings

Spelt – an ancient form of wheat

Triticale – a cross between wheat and rye

Wheat – used to make bread, pasta, biscuits and cakes

*See your Food and Drink Guide for suitable foods. Check Coeliac UK's Food Information Service for suitable products

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Gluten free oats can add variety to your diet and are a great source of dietary fibre



Have more questions?

Check online at www.coeliac.org.uk/grains, talk to one of our **Helpline dietitians**, or email foodanddrink@coeliac.org.uk.

Visit www.coeliac.org.uk or call us on **0333 332 2033** for more information.

Whether you're eating out on the move, in restaurants, or shopping for gluten free food for you and your family, look out for our trusted symbols which mean we're working for you to make things better.



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