



Common Gluten-Free Alternatives

Ingredient	Qualities	Uses
Amaranth	<ul style="list-style-type: none"> • Robust nutty flavor • High in protein, fiber, iron, magnesium, phosphorus, potassium, zinc and calcium • Source of B vitamins 	<ul style="list-style-type: none"> • Serve as a hot cereal or as a side dish to replace potatoes or rice • Use to thicken soup or stew
Buckwheat	<ul style="list-style-type: none"> • Good source of high-quality protein, high in magnesium, zinc, phosphorus, potassium, niacin, riboflavin, vitamin B6 and fiber • Source of iron 	<ul style="list-style-type: none"> • Can be served as is with seasoning • Added to soups or stews for thickening and flavor • Use as a stuffing
Chia	<ul style="list-style-type: none"> • Nutty flavor • Easily digested • High in Omega 3's, antioxidants, fiber, calcium, phosphorus, magnesium, copper, iron, and zinc 	<ul style="list-style-type: none"> • Sprinkle seeds on gluten-free cereal, yogurt, or salads • Use in lieu of xanthan and guar gum in baking
Flax	<ul style="list-style-type: none"> • High in iron, magnesium, zinc, calcium, phosphorus, potassium, thiamin, niacin, vitamin B6 and protein • Rich in alpha-linolenic acid (essential Omega 3) and fiber (soluble and insoluble) 	<ul style="list-style-type: none"> • Flax oil: use in cold foods (fruit smoothies, salad dressing) • Whole flax seed: roast them for nutty flavor – muffins, breads, pancakes, waffles, cookies, fruit cobblers, hot cereals, casseroles, meat loaf, burgers, stew, spaghetti sauce, rice dishes and salads • Ground flax: mix into fruit smoothies, pudding, cottage cheese, ice cream, yogurt and frozen yogurt
Mesquite	<ul style="list-style-type: none"> • Whole pod flour: higher in protein and calcium than the flour made only from the pulp 	<ul style="list-style-type: none"> • Flour used as a baking ingredient or flavoring agent

Mesquite (continued)	<ul style="list-style-type: none"> High in fiber and a source of iron, magnesium, calcium, thiamin, niacin, and vitamin B6 	
Millet	<ul style="list-style-type: none"> Closely related to corn Good source of easily digestible protein Also a source of thiamin, riboflavin, niacin, vitamin B6, folate, fiber, iron, magnesium, zinc 	<ul style="list-style-type: none"> Whole can be served alone with seasoning as cereal, a side dish, or as stuffing Puffed grains can be crushed for breading Flour used as baking ingredient
Montina	<ul style="list-style-type: none"> Very high in protein, fiber and iron Source of calcium 	<ul style="list-style-type: none"> Pure baking supplement or all purpose baking flour blend
Quinoa	<ul style="list-style-type: none"> Contains more high-quality protein than any other grain or cereal Protein quality closely compared to that of dried skimmed milk High in iron, magnesium, phosphorus and zinc Source of calcium, B vitamins, and dietary fiber 	<ul style="list-style-type: none"> Use as a side dish instead of potatoes or rice or in salads, pilafs, stuffing, casseroles, and puddings Use as a thickener for soups, chili, and stews
Sorghum	<ul style="list-style-type: none"> High in phosphorus, potassium; source of fiber, protein, thiamin, niacin, vitamin B6 and iron 	<ul style="list-style-type: none"> Can be used as an alternative for rice in puddings Can be used in a wide variety of food products (cereals, granola bars, snack foods, baked products, beverages)
Teff	<ul style="list-style-type: none"> High in calcium, iron, magnesium, thiamin, zinc; source of fiber, protein, B vitamins 	<ul style="list-style-type: none"> Cook with other GF grains or mix it with tofu, herbs, vegetables and legumes to make veggie burger
Wild Rice	<ul style="list-style-type: none"> Source of fiber, protein, niacin, magnesium, phosphorus, potassium, zinc 	<ul style="list-style-type: none"> Use in casseroles, salads or side dishes

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