



Are you ready to go gluten-free?

More and more people are realizing that they either have celiac disease, or gluten sensitivity, or just don't do well on wheat. There are many alternatives to gluten (wheat, oats, rye, barley) and corn.

This at first seems overwhelming since wheat is everywhere in our culture, but a little research will show there are many great alternatives.

1. Millet:

Gluten free millet provides a host of nutrients, has a sweet nutty flavour, and is considered to be one of the most digestible and non-allergenic grains available. It is one of the few grains that is alkalizing to the body.

2. Quinoa:

Quinoa is a Powerfood Vegetable Seed! Although referred to as a grain, it is actually a seed from a vegetable related to Swiss chard, spinach and beets. Quinoa is pronounced keen-wa not kwin-o-a.

3. Rice:

Rice feeds the world! Three billion people worldwide depend on rice for over half of their daily calorie intake. Most of them eat white rice. There has been a lot of controversy with brown rice and arsenic, so we prefer organic black rice, wild rice and basmati rice.

4. Buckwheat:

Buckwheat is rich in flavonoids like rutin and a good source of magnesium. Buckwheat is good for your cardiovascular system. It's a valuable food for those with diabetes, as it can be helpful for regulating blood sugar.

Note: These grains are the most common grains that a person tries when they start going gluten free.

5. Sorghum (whole grain):

Sorghum contains large amounts of fiber, protein and nutrients. In studies it has been shown to possibly inhibit cancer growth, protect against diabetes and help manage cholesterol. Sorghum is significantly more nutritionally dense than ordinary white flour. It is often eaten as a porridge but can also be ground into flour.

6. Teff:

Teff leads all the grains in its calcium content, with a cup of cooked teff offering 123 mg, about the same amount of calcium as in a half-cup of cooked spinach. It's also an excellent source of vitamin C, a nutrient not commonly found in grains. It can be grown in areas that won't support other crops. The seed is so small it cannot be refined so is always a whole grain.

7. Amaranth:

Amaranth contains significant amounts of B vitamins, calcium, iron and Vitamin C. Amaranth may help lower cholesterol. At about 13-14 percent, it easily trumps the protein content of most other grains. Amaranth was a major food crop of the Aztecs, domesticated between 6,000 and 8,000 years ago. The Aztecs didn't just grow and eat amaranth, they also used the grains as part of their religious practices.

disease, protection from cancers, healthy blood sugar levels and prevention from premature aging.

8. Montina (Indian Rice Grass):

Indian rice grass was a staple of Native American diets. Pure Indian rice grass flour is super high in protein and fiber with 17 grams of protein, 24 grams of dietary fiber, and 24 grams of insoluble fiber in just 2/3 of a cup. It has a strong wheat-like taste.

All the above grains are recommended by the Canadian Celiac Association.

Reference : <http://www.care2.com/greenliving/eleven-gluten-free-grains.html#ixzz45um8ISKp>