



## Gluten Free Doesn't Mean Grain Free

People following a gluten-free diet may be surprised – and delighted – to learn that most grains are gluten free (GF). Only three common grains (wheat, barley and rye - and a wheat and rye hybrid called triticale) must be avoided on a GF diet, leaving lots of great choices, including those listed on the left.

Oats – when certified gluten free – can also be a good choice; they're naturally gluten free but can become cross contaminated during growing or processing.

All of these gluten-free grains are healthier when they're enjoyed in their whole form. Whole grains include all three of a grain kernel's edible parts – the bran, the germ, and the endosperm – in their original proportions. All too often, grains are refined, which means their bran and germ (the healthiest parts!) are removed, leaving only the starchy endosperm. Whole grains have two to three times more of most minerals and vitamins than refined grains, and more fiber too.

They also have more flavor. If you're accustomed to refined grains, at first you may be caught off guard by the fuller, nuttier taste of whole grains. Soon, you'll find that you've become fond of whole grains and the "white" grains you used to eat seem bland in comparison.

To get your taste buds in shape gradually, start with grains that have a more neutral flavor, such as sorghum and brown rice. Corn's a good choice, too; it has a distinct but familiar flavor (look for whole cornmeal; degerminated has had the healthy germ removed). As the flavor of whole grains begins to grow on you, experiment with more grains: try some wild rice mixed in with brown rice, or toss some cooked quinoa with chopped vegetables and your favorite salad dressing for a great warm-weather meal. Less common grains – amaranth, millet, buckwheat and teff – await you down the line.

When you're looking to bake with gluten-free grains, look for mixes that feature whole grain ingredients prominently. Some GF baking mixes and flour substitutes rely almost exclusively on ingredients like potato starch and white rice flour, leaving these mixes short on important nutrients and fiber. Better mixes include high levels of a variety of tasty whole grains – because people on a gluten-free diet deserve the best!

Even those who don't need to follow a gluten-free diet will benefit from eating a wider range of whole grains. Carrots are a great vegetable – but eating a wide variety of vegetables gives you a wider variety of nutrients (and tastes). It's the same with whole grains: whether you're eating gluten-free or not, treat yourself to the wonderful tastes of a wide variety of naturally gluten-free grains, for good taste and good health.

	<b>AMARANTH</b>
	<b>BUCKWHEAT</b>
	<b>CORN</b>
	<b>MILLET</b>
	<b>QUINOA</b>
	<b>RICE</b>
	<b>SORGHUM</b>
	<b>TEFF</b>
	<b>WILD RICE</b>