

Gluten-free Grains, Flours, and Starches

Amaranth
Arrowroot
Bean flours (garbanzo, fava, romano)
Buckwheat
Corn
Fava beans
Flax seed
Garbanzo beans (chickpeas)
Garfava flour (garbanzo + fava bean)
Hominy
Mesquite flour
Millet
Montina flour
Nut flour and nut meals
Oats (uncontaminated with gluten)
Pea flour
Potato flour or potato starch
Quinoa
Rice, all forms
Rice bran
Sago
Sorghum flour
Soy flour
Tapioca (manioc, cassava, yucca)
Teff flour

Gluten-containing Grains, Flours, and Starches

Barley
Bulgar (bulgur)
Cereal binding
Chapati flour (atta)
Couscous
Dinkel
Durum
Einkorn
Emmer
Farina
Farro
Fu
Gluten, gluten flour
Graham flour
Kamut
Malt (malt extract, flavoring, syrup, vinegar)
Matzoh meal
Oats (most commercial brands of oats, oat bran, oat syrup)
Orzo
Rye
Seitan ("wheat meat")
Semolina
Spelt
Textured vegetable protein (typically contains)
Triticale
Wheat (bran, germ, starch)