



Flours, Grains, Thickening Agents & Starches For a Gluten-Free Diet

Updated April 2017

Flours, Grains, & Thickening Agents Allowed	AMARANTH	ARROWROOT STARCH	BEAN FLOUR	BUCKWHEAT	CORN FLOUR	CORN GERM	CORN MEAL	CORN STARCH	MILLET	OAT FLOUR (CERTIFIED GF)	QUINOA	POTATO FLOUR	POTATO STARCH FLOUR	RICE BRAN	RICE FLOUR (WHITE)	RICE FLOUR (BROWN)	RICE FLOUR (SWEET)	RICE STARCH FLOUR	SORGHUM FLOUR	SOY FLOUR	TAPIOCA STARCH	TEFF
Good thickening agent		X						X	X				X		X		X	X	X		X	
Good combined with other flours	X		X	X	X	X	X		X	X	X	X	X	X	X	X	X		X	X	X	X
Best combined with milk & eggs in baked products	X				X		X					X	X		X	X	X			X		
Grainy – use in textured products						X		X							X	X						
Drier product than with other flours											X	X		X	X							
Moister product than with other flours			X						X		X						X					X
Adds distinctive flavor – use in moderation			X																	X		X
Short shelf-life															X		X			X		X
Browns and fries nicely													X							X		

Flours, Grains, Starches, & Cereals to Avoid

	BARLEY	KAMUTE® wheat	RYE	SPELT	TRITICALE	WHEAT FLOUR	WHEAT GERM OR BRAN	OATS*
Contains gluten proteins harmful in celiac disease	X	X	X	X	X	X	X	
A member of the wheat family		X		X	X	X	X	

* Oats should be avoided unless they are certified gluten-free, due to high risk of cross-contamination.