

QUICK GUIDE TO FOOD ALTERNATIVES



Gluten Free	Wheat Free	Grain Free
Quinoa	Barley	Coconut flour
Millet	Rye	Banana Flour
Buckwheat	Oats	Nut flours
Rice	Quinoa	Sunflower seeds
Corn	Millet	Flaxseeds
Amaranth	Buckwheat	Papitas
Teff	Rice	
Lupin (caution if have peanut or soy allergy)	Corn	
Chickpea flour	Amaranth	
Banana flour	Teff	
Coconut flour	Lupin (caution if have peanut or soy allergy)	
Tapioca /Arrowroot	Chickpea flour	
Potato starch	Banana flour	
Sorghum	Coconut flour	
Nut Flours	Tapioca /Arrowroot	
Legumes	Potato starch	
Soy	Sorghum	
	Nut Flours	
	Legumes	

