



The gluten-free diet requires total avoidance of the grains wheat, barley, rye, and all hybrids of these grains, such as triticale. However, there are many wonderful gluten-free whole grains that can be enjoyed. Adding these grains can add nutrients your diet may be missing. Here are a few to try.

Amaranth

Once the sacred food of the Aztecs, amaranth is high in protein, calcium, iron, and fiber. Toasting this tiny grain before cooking brings out its nutty flavor.

TRY IT: Add to soups as a thickener or serve cooked with berries.

Brown rice

Rice comes in many varieties: short grain, long grain, jasmine and basmati to name a few. Long grain rice tends to be fluffier while short grain rice is stickier. Brown rice is highest in the B vitamins of all grains.

TRY IT: Add leftover rice to cold salads.

Buckwheat

Despite the name, buckwheat is a gluten free grain in the rhubarb family. This grain is also sold unroasted as kasha. Buckwheat is high in B Vitamins, fiber, iron, magnesium, phosphorous, and zinc.

TRY IT: Buckwheat flour can be used to make delicious crepes.

Cornmeal, Polenta, Grits

Polenta is cooked cornmeal that can either be served moist as a porridge or left to set and served in wedges. Grits are cornmeal that have had the germ and bran of the kernel removed. Corn is a rich source of complex carbohydrates, B vitamins, and iron.

TRY IT: Cooked Polenta makes a great alternative to pizza crust – add vegetables, tomato sauce, and bake.

Millet

Best known as a main ingredient in birdseed, millet is also a versatile nutrient-dense grain. Millet is high in the B vitamins, phosphorous, magnesium, and higher in protein than corn and rice.

TRY IT: As a hot breakfast cereal topped with peaches.

Quinoa

Technically a grass, quinoa is related to spinach. Quinoa is native to South America and comes in several color varieties. Quinoa is high in protein, fiber, Vitamin E, magnesium, iron, phosphorous, copper and zinc.

TRY IT: Serve quinoa in a traditional salad with corn, tomatoes, bell peppers, and kidney beans.

Amaranth
Brown rice
Buckwheat
Chia
Coconut flour
Cornmeal
Flaxseed
Grits
Hemp flour
Hominy
Legumes
Lentils
Kasha
Mesquite flour
Millet
Milo
Montina®
Oats
Polenta
Quinoa
Sorghum
Teff
Wild rice



Sorghum

Unlike other grains, sorghum contains high amounts of anthocyanins, a powerful antioxidant also found in blueberries. This grain is also a good source of fiber, B Vitamins, iron, and potassium.

TRY IT: Sorghum flour mixes well with most other gluten free flours in baking.

Teff

A tiny grain with a sweet flavor. Teff is high in protein, calcium, iron, copper and zinc. Teff is traditionally used as flour but can also be cooked whole as a condiment.

TRY IT: Cook teff on the stovetop and use as a hot breakfast cereal or a seasoned side dish.

COOKING TIMES FOR GRAINS

Grain	Cups of Boiling Liquid per 1Cup Grain	Cooking Time	Yield in Cups
Amaranth	2 ½ to 3	20-25 minutes	2 ½
Brown Rice	2	45-55 minutes	2 ½ to 3
Buckwheat	2	15 minutes	2 ½
Cornmeal (fine grind) / Hominy	4 to 4 ½	8-10 minutes	2 ½
Cornmeal (course grind)/ Polenta, Grits	4 to 4 ½	20-25 minutes	2 ½
Millet	3 to 4	20-25 minutes	3 ½
Quinoa	2	20-25 minutes	2 ½
Sorghum	2 ½	45-55 minutes	3
Teff	1 ½	15 minutes	1 - 2

***Adding a pinch of salt can bring out the natural sweetness of whole grains. Add salt when liquid reaches a boil.*

Cooking Tips for Whole Grains:

Rinse before cooking!

Always rinse grains thoroughly under cool running water to remove debris.

For fluffier grains:

Toast the grain first in a dry skillet over a burner for a couple of minutes until the grain starts to give off a nutty aroma or pop.

For stickier grains:

Add the grains directly to cold water before bringing to a boil.

No need to stir!

Once water is boiling, turn heat down to low, cover, and let cook until you can tip the pot and no liquid comes to the surface.

Please consider your local GIG branch as another resource.

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GIG is a nonprofit 501c3 national organization providing support for persons with gluten intolerances, in order to live healthy, productive lives. GIG Branches provide support at a local level.

To make a donation or become a volunteer to GIG, visit our Web site or call the office at 253-833-6655.