

The Art of Balanced Health

Wheat-Free Guide

Barley and Malt: Malt is made from sprouted barley and other grains at times. It can be made into barley malt extract as a sweetener.

Foods Containing Barley: Ales, barley corn, barley malt, beer, malt liquor, caramel coloring, prepared foods (READ LABELS), bourbon, whiskey, pops (with caramel coloring), etc.

Foods Containing Rye: Rye bread, rye crackers, multi-grain breads, gin, vodka, scotch, whiskey.

Wheat Products: Flours--whole wheat, white, all-purpose, semolina, durum, all-purpose, unbleached, bleached; wheat gluten/bran/germ.

Foods Containing Wheat: MSG; semolina; hydrolyzed vegetable protein; biscuits, breads, cakes, cookies, crackers, crepes, croutons, dumplings, pancakes, pie crusts, pretzels, waffles, etc; bouillon cubes, soy sauce, processed meats, soups, wheat alcohol products, breaded meats/veggies.

Substitutions for 1 Cup of Wheat Flour:

7/8 cup rice flour	1/2 cup arrowroot starch	5/8 cup potato starch flour
5/8 cup tapioca starch	3/4 cup spelt flour	1 cup corn flour
1 cup teff flour (no gluten)	3/4-7/8 cup soy flour	

Blended Grain Flours:

3/4 cup amaranth + 1/4 cup potato flour	3/4 cup potato mix + 1/4 amaranth flour
3/4 cup amaranth flour + 1/4 cup tapioca starch	3/4 cup quinoa + 1/4 cup tapioca starch
3/4 cup potato mix + 1/4 cup quinoa	3/4 cup soy flour + 1/4 cup carob powder

For Thickening Sauces or Gravies:

1 TBSP flour = 1/2 TBSP potato starch, tapioca starch, rice starch or arrowroot starch

For Breading: crushed millet, sesame seeds, rice bran, cassava meal, flaxseed meal

Non-Wheat Grains in Town

Breads: Health Food Stores such as Whole Foods, Trader Joes and local grocery stores on the shelves or in the freezer section: Rye Bavarian Bread; Millet, spelt, brown rice; Kamut bread and bagels

Noodles: Spelt, brown rice, kamut, corn, quinoa.

Crackers: Rice cakes, Ry-Krisp or Ry-Vita, maybe others.

Corn or Spelt tortillas: instead of wheat.

Cold Cereals: Perky's Nutty Rice, amaranth or Brown Rice or Kamut Flakes, Barbara Corn Flakes, Millet/Rice/Oat flakes

Hot Cereal: Oatmeal or Cream of Rice or Kamut hot cereal.

Misc: Popcorn, brown rice, millet, barley, quinoa, kamut, amaranth, teff, oats, etc. are all okay.

Pancake/muffin mixes: read ingredients.

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www.TheArtofBalancedHealth.com

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Companies that sell wheat-free, other grain-free, gluten-free foods:

- Ener-G Foods: 1-800-331-5222 or www.ener-g.com
- Gluten-Free Trading Company www.food4celiacs.com/index_g.htm
- Gluten-Free Mall www.glutenfreemall.com
- Gluten-free Solutions www.glutensolutions.com
- Gluten Smart www.glutensmart.com
- Bob's Red Mill www.bobsredmill.com/home.php
- Homegrown Harvest www.homegrownharvest.com

Other Resources:

- www.glutenfree.com/item_detail.aspx?ItemCode=956013 For yummy Namaste pizza crust!!
- www.csaceliacs.org
- www.celiac.com/index.html

Recipes

- <http://www.recipes4us.co.uk/Specials%20and%20Holidays/Special%20Diets%20Allergies/Gluten%20Free%20Recipes.htm>
- www.MedicineTalk.org

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