



# GLUTEN AND NON-GLUTEN GRAINS

Compliments of Dr. Donna F. Smith

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## ABOUT THIS PEP ARTICLE – Read First!

When reading this article on your computer, you can obtain recipes, gluten-free diets as well as more information and education about gluten and gluten free grains and products, by doing the following:

**Hold down the Ctrl key while pressing any website link.**

Website links are typed in a blue ink font and underlined.

Note: I have not reviewed all the information on all of these links so if any information contradicts any information I have provided to you through your consultations or any of my other articles and books, adhered to the information I have provided instead. .



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## GLUTEN AND GLUTEN-FREE GRAINS LIST

It's important to note that gluten-intolerant people CAN eat whole grains. In fact, as you'll see from the list below, a large number of gluten-free grain choices are available.

Grains with Gluten	Gluten FREE Grains
Wheat, including varieties like spelt, kamut, farro and durum; and products like bulgur, semolina	Amaranth
Barley	Buckwheat
Rye	Corn
Triticale	Millet
Oats** see below	Montina (Indian rice grass)
	Quinoa
	Rice
	Sorghum
	Teff
	Wild Rice

\*\*Oats are inherently gluten-free, but are frequently contaminated with wheat during growing or processing.

Six companies currently offer pure, uncontaminated oats: They are:

[\(Bob's Red Mill,](#)  
[Cream Hill Estates,](#)  
[GF Harvest](#) (Gluten Free Oats),  
[Avena Foods](#) (Only Oats),  
[Legacy Valley](#) (Montana Monster Munchies), and  
[Gifts of Nature](#))

Visit [GlutenFreeDiet.ca](http://GlutenFreeDiet.ca) for a discussion on oats in the gluten-free diet.



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## OTHER HEALTHY SUBSTITUTES FOR GLUTEN GRAINS

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Many creative recipes have been developed for gluten-intolerant people, using the gluten-free grains above along with foods like nuts, arrowroot, beans, chestnuts, mesquite, potato, soy, and tapioca, all of which are gluten-free. Some of these ingredients make deliciously healthy breakfast cereals and side dishes, while others are ground into flours for flavorful baked goods such as pizza, desserts, and breads.

For a quick and easy reference on cooking gluten free grains, [click here](#) (144K PDF)

For gluten-free baking tips, visit: [The Savory Palate](#).

For more information on foods that are acceptable for the gluten-free diet, see the [Quick Start Diet Guide](#) at Gluten.net. It was jointly developed by the [Gluten Intolerance Group of North America](#) (GIG®) and the [Celiac Disease Foundation](#).

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## WHERE TO BUY GLUTEN-FREE INGREDIENTS

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Hundreds if not thousands of companies world-wide provide a huge array of gluten-free foods and ingredients; many can be found at natural food stores. Some grocery stores carry gluten-free goods. Gluten-free items are available through mail-order at many places including those listed below. When this article is read on your computer, you can Ctrl + Click on the blue links to do directly to these products.

- [Amazing Grains](#)
- [Arrowhead Mills](#)
- [The Birkett Mills](#)
- [Bob's Red Mill](#)
- [Cream Hill Estates](#)
- [Crunchmaster](#)
- [Ener-G.com](#)



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- [Enjoy Life Natural Brands](#)
  - [Gifts of Nature](#)
  - [Gluten Free](#)
  - [Gluten-Free Mall](#)
  - [GF Harvest / Gluten Free Oats](#)
  - [Gluten Solutions](#)
  - [GoGo Quinoa](#)
  - [Lundberg Family Farms](#)
  - [Mom's Place Gluten Free](#)
  - [Montana Monster Munchies / Legacy Valley](#)
  - [Northern Quinoa Corporation](#)
  - [Nu-World Amaranth](#)
  - [Only Oats / Avena Foods](#)
  - [Quinoa Corporation / Ancient Harvest](#)
  - [The Teff Company](#)
  - [Twin Valley Mills](#)
  - [Udi's Gluten Free](#)

## HIDDEN SOURCES OF GLUTEN

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Gluten hides in many unsuspecting places such as candy, sauces, and malt flavoring. Other ingredients appear suspicious, but may be safe. To learn more, visit [Gluten Free Living](#). If in doubt about a particular food, ask the manufacturer about the ingredients and the standards they use to assure your safety.

## WHAT DOES THE LABEL SAY?

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Reading labels is very important. In the U.S., the Food Allergen Labeling and Consumer Protection Act mandates that labels on foods manufactured after January, 2006, will list the word “wheat” to indicate the presence of wheat.

However, the label doesn't have to list other gluten-containing grains such as barley, rye, spelt, kamut, or triticale. The definition and requirements for gluten-free labeling were scheduled to



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be decided by the U.S. Food and Drug Administration by 2010 – but have not yet been announced.

## ABOUT DR. SMITH

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**Dr. Donna Smith** has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine, the largest chiropractic magazine in the United States.**

Some of her best selling e-books has been listed below. She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University,** Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care providers, and a Dietary Plan, which is a list of foods selected for the food chemistry's positive effect on the individual's biochemistry, which is also based on test results.

Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers,** who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

**Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services** are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 36 U.S. States and five international countries.



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For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at [Services@AdvancedClinicalNutrition.com](mailto:Services@AdvancedClinicalNutrition.com). Meanwhile, please browse [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on [YouTube.com/DrDonnaFSmith](http://YouTube.com/DrDonnaFSmith), post questions on her blog at [DrDonnaSmith.blogspot.com](http://DrDonnaSmith.blogspot.com) and follow her on [Twitter.com/DrDonnaSmith](http://Twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](http://Facebook.com/DonnaFSmithPhD).

## E-BOOKS BY DR. SMITH

- **Anti-Aging Personal Care Program (Hair, Skin, and Nails)** – Over 200 Pages
- **Comprehensive Holistic Dental Health Program** – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (**169 pages** – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- **Fibromyalgia – A Clinical Nutrition Syndrome** (70 Pages).
- **Dr. Smith's Hair Restoration Program [Anti-Grey and Hair & Scalp Solutions]** - (69 Pages).
- **Lyme's Disease – Clinical Nutrition Approach to Healing** (32 Pages).
- **15 False Assumptions the Public Makes About Food Supplements** – (15 Pages)

## DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision regarding your health care.