

A collage of various grains and seeds. At the top, there's a bowl of rolled oats and some loose oat flakes. Below that, two bowls of dark brown seeds, possibly buckwheat or rye. In the bottom left, a glass jar filled with lentils. To the right, a pile of orzo (rice-shaped pasta) and some loose grains. The background is a light, textured surface.

List Of Grains & Foods To Avoid

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GRAINS

| | |
|-----------|---------------------------------|
| Amaranth | Millet |
| Barley | Oats |
| Bran | Rice (brown, black, red, white) |
| Buckwheat | Rye |
| Bulgur | Semolina |
| Corn | Spelt |
| Einkorn | Sorghum |
| Farro | Wheat |
| Maize | |

PSEUDOGRAINS

Amaranth
Buckwheat
Quinoa



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COMMON FOODS/DRINKS THAT CONTAIN GRAINS

| | |
|---------------------|---------------------|
| Bagels | Polenta (cornmeal) |
| Beer | Popcorn (corn) |
| Breaded chicken | Porridge (oats) |
| Cakes | Rice milk |
| Cookies | Sausages |
| Cornflakes (corn) | Scotch |
| Corn flour | Soy sauce |
| Croutons | Spaghetti |
| Couscous (semolina) | Stock cubes |
| Crumbed chicken | Sushi (added wheat) |
| Doughnuts | Tomato sauce |
| Granola bars | Wheat flour |
| Muesli bars | Whiskey |
| Panko | |
| Pasta | |



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UNEXPECTED ITEMS THAT CONTAIN GRAINS

Canned tuna
Processed meats
Rotisserie chicken
Vitamins

GRAIN-FREE & LOW-CARB FLOURS

Coconut flour
Almond flour / meal
Flaxseed flour
Pumpkin seed flour
Sunflower seed flour



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A – Z List Of Grains & Foods To Avoid

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GRAIN-FREE & LOW-CARB FLOURS

KETO FLOUR SUBSTITUTE



ALMOND FLOUR



ALMOND MEAL



COCONUT FLOUR



WALNUT MEAL



GROUND FLAX MEAL



PUMPKIN SEED MEAL



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