

many other foods that can be eaten. Plus, flours made from grinding other grains can be used in place of wheat flour in recipes. The finished products may just have less of the doughy or elastic consistency that is a hallmark of gluten. Here are some those on gluten-free diets can still enjoy.

* Oats: Though they are traditionally gluten-free, oats are often processed on the same equipment that processes other grains. Therefore, there may be some cross-contamination. Oats that are certified gluten-free can be more costly.

* Buckwheat: Despite the name, buckwheat is not related to regular wheat and is not exactly a grain. It is a relation of rhubarb. In its whole form it can take the place of pasta. In its roasted form, buckwheat takes on a nutty flavor.

* Millet: This is a seeded plant used for grain and cereal production. Millet is typically sold in pet stores as a treat for birds. Millet is generally flavorless and can be grainy. It can be mixed with other gluten-free flours.

* Quinoa: This is not a grass plant or cereal grain but is actually related to leafy vegetables. Quinoa is often eaten like you would eat rice or pasta, but it can also be baked into bread and cakes.

* Montina: This is made from Indian rice grass and can be milled into flour or combined with other flours in a baking blend.



Montina bakes up into a springy texture, which makes it popular in breads.

* Rice: Many people avoiding gluten turn to rice as an alternative. Rice flour can be substituted for wheat flour in many recipes. Rice can also create a sense of fullness that comes with eating a starchy grain.

* Corn: Cornmeal can be used in baked goods. However, it will offer a grainy texture.

* Amaranth: This is a tiny, ancient grain. It is a complete protein and has more iron than most grains.

People following a reduced or gluten-free diet can enjoy a number of other alternatives in their cooking.

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