



Common Gluten-Free Alternatives: What are they and how can I use them?

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Amaranth:

- Robust nutty flavor
- Serve as a hot cereal or as a side dish to replace potatoes or rice;
- Use to thicken soup or stew
- High in protein, fiber, iron, magnesium, phosphorus, potassium, zinc and calcium
- Source of B vitamins

Buckwheat:

- Can be served as is with seasoning
- Added to soups or stews for thickening and flavor,
- Use as a stuffing
- Good source of high-quality protein, high in magnesium, zinc, phosphorus, potassium, niacin, riboflavin, vitamin B6 and fiber
- Source of iron

Flax:

- Flax oil: use in cold foods (fruit smoothies, salad dressing)
- Whole flax seed: roast them for nutty flavor – muffins, breads, pancakes, waffles, cookies, fruit cobblers, hot cereals, casseroles, meat loaf, burgers, stew, spaghetti sauce, rice dishes and salads
- Ground flax: mix into fruit smoothies, pudding, cottage cheese, ice cream, yogurt and frozen yogurt
- High in iron, magnesium, zinc, calcium, phosphorus, potassium, thiamin, niacin, vitamin B6 and protein
- Rich in alpha-linolenic acid (essential Omega 3) and fiber (soluble and insoluble)

Mesquite:

- Flour used as a baking ingredient or flavoring agent
- Whole pod flour: higher in protein and calcium than the flour made only from the pulp
- High in fiber and a source of iron, magnesium, calcium, thiamin, niacin, and vitamin B6

Millet:

- Closely related to corn
- Good source of easily digestible protein
- Also a source of thiamin, riboflavin, niacin, vitamin B6, folate, fiber, iron, magnesium, zinc

Montina:

- Pure baking supplement or all purpose baking flour blend
- Very high in protein, fiber and iron
- Source of calcium

Quinoa:

- Use as a side dish instead of potatoes or rice or in salads, pilafs, stuffing, casseroles, and puddings
- Use as a thickener for soups, chili, and stews
- Contains more high-quality protein than any other grain or cereal
- Protein quality closely compared to that of dried skimmed milk
- High in iron, magnesium, phosphorus and zinc
- Source of calcium, B vitamins, and dietary fiber

Sorghum:

- Can be used as an alternative for rice in puddings
- Can be used in a wide variety of food products (cereals, granola bars, snack foods, baked products, beverages)
- High in phosphorus, potassium; source of fiber, protein, thiamin, niacin, vitamin B6 and iron

Teff:

- Cook with other GF grains or mix it with tofu, herbs, vegetables and legumes to make veggie burger
- High in calcium, iron, magnesium, thiamin, zinc; source of fiber, protein, B vitamins

Wild Rice:

- Use in casseroles, salads or side dishes
- Source of fiber, protein, niacin, magnesium, phosphorus, potassium, zinc