

7 Best Gluten Free Grains



1. MILLET

Nutty, sweet, low in carbs, & high in magnesium make millet an excellent grain for recovery and regulating blood sugar.

2. RICE

Affordable & pack with carbs for those who need it. Be sure to buy organic & explore color varieties to increase vitamins & minerals.

3. TEFF

Hands down the most nutrient dense GF "grain" (technically a seed)! Full of protein, fiber, vitamins/minerals, & more calcium than any other grain!

4. AMARANTH

Excellent source of protein, fiber, magnesium, & iron. Proven in research to reduce inflammation! Great substitute for oatmeal.

5. Buckwheat

Rich source of fiber and minerals such as copper, manganese, & magnesium. Loaded with antioxidants!

6. SORGHUM

Iron-packed with 20g of protein & 13g fiber per serving. Contains powerful anti-inflammatory plant compounds to speed recovery. Can be cooked like rice or quinoa.

7. OATS*

Rich in carbs and beta-glucan, a powerful fiber famous for lowering cholesterol. Great for stabilizing blood sugar and feeding good bacteria.

*Due to cross-contamination, those with Celiac Disease or known sensitivity to gluten should only purchase oats labeled certified gluten free.

