

## Appendix 1

### Summary of Gluten Containing Grains to be avoided and Suitable Substitutes

Gluten Containing Substrates	Gluten Free Substitutes
<b>Wheat</b> Bulgur Cous Cous Semolina Spelt Wheat berry Wheat grass Wheat germ Wheat nut Durum wheat Farro Kamut Seltan Glutenin Gliadin Emmer Einkorn Matza Fu Farina	<b>Amaranth</b> <b>Arrowroot</b> <b>Buckwheat</b> <b>Corn (Maize)</b> <b>Dasheen Flour</b> <b>Kasha</b> <b>Kudzu</b> <b>Manloc</b> <b>Millet</b> <b>Milo</b> <b>Oats*</b> <b>Potato Flour</b> <b>Quinoa</b> <b>Rice</b> <b>Sorghum</b> <b>Soy</b> <b>Tapioca</b> <b>Taro Flour</b> <b>Teff</b>

\*Oats: Ensure Oats are gluten free as they can often be contaminated by wheat whilst growing and processing