

The Super Six – The Benefits of Gluten-Free Whole Grains

Amaranth - seed

- Robust, nutty flavor
- High in lysine, an essential amino acid
- High in protein, fiber, calcium, iron, magnesium, phosphorus, potassium, zinc, B vitamins
- Sold as the seed, flour, or puffed
- The seed form can be added to soups, stews, casseroles, risottos, mixed with other grains, or cooked as a hot cereal
- Puffed amaranth can be eaten as cold cereal
- The flour should be mixed with other gluten-free grain flours when preparing breads, cakes or cookies

Buckwheat - fruit

- Triangular shape with black shell – the kernel inside the shell is known as a groat
- There are many forms of the groats available for purchase; roasted, unroasted, whole, ground, buckwheat bran, and as flour and baking mixes.
- Roasted groats are also known as Kasha
- High in protein, magnesium, zinc, phosphorus, potassium, niacin, riboflavin, B vitamins, and fiber
- May improve cholesterol and blood pressure
- Can be used as stuffing, side dish, and hot cereal or added to soups, casseroles, pilafs and homemade breakfast bars
- Look for pancake mixes that are labeled 100% pure buckwheat flour for increased nutrients.

Millet - seed

- Available in yellow, white, gray or red
- Yellow is the most common in North America and has a sweet, nutty flavor
- Good source of easily digestible protein
- Also provides thiamin, riboflavin, niacin, vitamin B6, folate, fiber, iron, magnesium, and zinc
- Puffed millet can be used as a breakfast cereal or crushed for use as a breading
- Whole millet can be boiled for a side dish, hot cereal or mixed with other grains to form a pilaf.

Sorghum - cereal grain

- Also known as milo
- High in phosphorus and potassium
- Also a good source of fiber, protein, thiamin, niacin, vitamin B6, and iron
- Can be used in casseroles, pilafs, stuffing, salads and soups or use in place of rice in rice pudding for increased nutrient content
- Sorghum flour is best when combined with bean or amaranth flours in baking.

Teff – grain from cereal grass

- Has a nutty, molasses-like flavor
- Since this grain is so small, the bran and germ make up a greater percentage of the grain. The germ and bran are where many of the nutrients are contained which is one reason teff is so nutrient-rich.
- High in calcium, iron, magnesium, thiamin and zinc
- Also a good source of fiber, protein and B vitamins
- Does not increase in size as it cooks so it is best mixed in with other foods such as soups, cereals and other grains
- Use in hot cereals, scones, pancakes, or veggie burgers
- Try mixing $\frac{1}{4}$ cup teff with 1 cup brown rice. Cook them as you would plain rice.

Quinoa - seed

- Comes in many colors such as purple, red, white, and black
- Is sold in several forms including seed, flakes, flour, and pasta
- Has more high-quality protein than all other grains or cereals. The protein in this grain is a complete protein meaning it contains all essential amino acids.
- High in iron, magnesium, phosphorus and zinc
- Also a good source of calcium, B vitamins and fiber
- Use to make “tabbouleh”, side dishes, hot cereal, or stuffing
- The flakes can be eaten as a cold cereal
- Use the pasta in place of rice pasta for increased nutrition

Helpful Information:

- **All gluten-free grains must be labeled gluten-free.**
- Rinse all grains well before cooking.
- Drink plenty of water (48-64 ounces per day) as you add more of these grains into your diet due to their high fiber content.
- Use a gluten-free cookbook when using gluten-free flours to make baked goods. To achieve good quality in the finished product, the amounts and mixtures of flours is important.
- Do not purchase these grains from bulk bins to prevent cross contamination.
- Cook all grains well and according to the package directions before eating them.

The Facts (1/2 cup cooked)

	Calories	Fiber	Protein	Iron (mg)	Magnesium (mg)	B vitamins	Calcium (mg)	Phosphorus	Zinc	Potassium
Amaranth	125	3 g	5 g	2.5	80	Folate & B6 – 7%	58	18%	7%	5%
Buckwheat	80	3 g	3 g	1	43	Niacin – 4%	6	6%	4%	2%
Millet	105	1 g	3 g	0.5	39	Thiamin & Niacin – 6%	2.5	9%	6%	2%
Sorghum	325	6 g	11 g	4	-	Thiamin – 15%	27	28%	-	10%
Quinoa	110	3 g	4 g	1.5	59	Folate – 10%	16	14%	8%	5%
Teff (1/4 cup uncooked)	45	3 g	6 g	3	86	Folate – 33%	83	-	12%	-
Brown Rice	110	2 g	2.5 g	0.5	42	Niacin – 8%	10	8%	4%	1%
White Rice	100	0.5 g	2 g	1	10	Folate – 11%	8	4%	3%	1%

*All nutrition facts are based off of a serving size equaling $\frac{1}{2}$ cup cooked except where specified.

*Percentages are based off of the Recommended Daily Values for a 2,000 calorie diet.

Where Do I Find and Buy These Gluten-free Grains?

- Stores: Whole Foods, Trader Joe's, Wegmans, Hannefords, Costco, BJ's, Shaw's, Stop and Shop, other supermarket chains, and health food stores

www.ancientharvest.com – Selection of gluten free grains, grain blends and pastas,

www.bobsredmill.com – A whole line of gluten-free products from grains to flours to baking mixes.

www.teffco.com – Teff and teff flour; recipes

www.quinoa.net – Several types of quinoa products including flour, flakes, pasta, and polenta as well as black and red quinoa. This site also offers many recipes, tips, and ideas for cooking with quinoa.