

# GRAINS TO AVOID

## *Wheat*

Couscous  
Duram  
Einkorn  
Emmer  
Farina  
Farro  
Freekeh  
Graham Flour  
Kamut  
Kernza  
Matza/Matzoh  
Seitan  
Semolina  
Spelt  
Triticale  
Wheat Bran  
Wheat Germ  
Wheat Starch  
Wheat Protein

## *Barley*

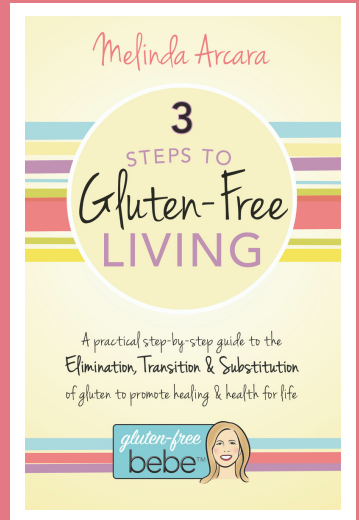
Barley  
Barley Flour  
Barley Peel  
Bulgar  
Beer  
Brewer's  
Yeast  
Malt  
Malt Vinegar  
Malted Milk

## *Oats*

Look for certified  
gluten-free oats  
NOTE: Not all  
Celiacs can  
tolerate Oats

## *Rye*

Rye  
Rye Flour



*For purchasing a copy of my book*

# Thank you!



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## TRAVEL RESOURCES

3 Steps to Gluten-Free Living Book

[www.3Stepstoglutenfreeliving.com](http://www.3Stepstoglutenfreeliving.com)

Magical Moments by Dana

[www.Magicalmomentsbydana.com](http://www.Magicalmomentsbydana.com)

Gluten Intolerance Group

[www.gluten.net](http://www.gluten.net)

Beyond Celiac

[www.beyondceliac.com](http://www.beyondceliac.com)

Celiac Disease Foundation

[www.celiac.org](http://www.celiac.org)

Find Me GLUTEN-FREE and Now Find Gluten-Free Smartphone App's

Bob and Ruth's Gluten-Free Travel

[www.bobandruths.com](http://www.bobandruths.com)

Travel Planning

[www.glutenfreeglobetrotter.com](http://www.glutenfreeglobetrotter.com)

Multi-Lingual Phrase Passport

[www.glutenfreepassport.com](http://www.glutenfreepassport.com)

Essential Gluten-Free Dining cards

[www.triumphdining.com](http://www.triumphdining.com)

## WHAT TO BRING

- Foldable cooler
- Toaster bags (Amazon.com)
- Meal replacement bars, rehydrated foods, bread, salad dressing and tamari packs, etc.