



Naturopathic Foundations

by Dr. Iva Lloyd, BScH, BCPP, ND

Wheat Alternatives

Alternative	1 cup of flour equivalency	Comments
*Brown rice flour	<ul style="list-style-type: none"> • $\frac{3}{4}$ cup rice flour plus 3 tablespoons arrowroot powder • $\frac{5}{8}$ cup rice flour plus $\frac{1}{3}$ cup rye flour • $\frac{3}{4}$ cup rice flour plus $\frac{1}{4}$ cup potato flour 	<ul style="list-style-type: none"> • Rice is used to make cereals and pastas. • Rice is finer than wheat. In some recipes you may need to add a binding agent (such as arrowroot, potato starch or tapioca) to ensure that baked goods don't crumble. • Slightly grainy texture. • Food sensitivities are rare.
*Buckwheat -not a grain -groat	1/3 buckwheat plus 2/3 combination flour	<ul style="list-style-type: none"> • Buckwheat is 100% wheat and gluten free and is a member of the rhubarb family. • Protein-rich. Nutty taste and texture • Can be used to make cereals, pastas and baked goods. Lower in cholesterol. • Food sensitivities are rare.
*Corn -not a grain -vegetable		<ul style="list-style-type: none"> • Food sensitivities are common. Contains anti-nutrients. Commonly avoidable. • Corn is commonly genetically modified.
*Soya		<ul style="list-style-type: none"> • Food sensitivities are common. • Corn is commonly genetically modified
*Amaranth/Kamut/Teff		<ul style="list-style-type: none"> • Higher in protein than wheat
*Quinoa		<ul style="list-style-type: none"> • Historically a staple part of the Incan diet • Works well in salads, as a side-dish and mixed with vegetables. • Porridge-like cereals are common • Higher in protein than wheat
Gram (Chickpea flour)		<ul style="list-style-type: none"> • Used to make savoury pancakes, fritters and dumplings
Barley	<ul style="list-style-type: none"> • $\frac{1}{2}$ to 1 cup 	<ul style="list-style-type: none"> • Good in quick breads, muffins and cookies. • Mild flavour, but a heavier texture than wheat.
Oat	<ul style="list-style-type: none"> • $\frac{2}{3}$ to 1 cup 	<ul style="list-style-type: none"> • Good in quick breads and cookies. • Heavier than wheat flour. • Rises well in yeast breads.
*Potato or tapioca starch	<ul style="list-style-type: none"> • 10 tablespoons of potato / tapioca starch • $\frac{1}{4}$ cup potato / tapioca plus 1 cup soy flour • $\frac{1}{3}$ cup potato / tapioca plus $\frac{2}{3}$ cup rye flour • $\frac{1}{4}$ cup potato / tapioca plus $\frac{3}{4}$ cup rice flour 	<ul style="list-style-type: none"> • Often used in gluten-free recipes. • Works best when combined with other flours as it is very heavy. • Good thickener for sauces, stews and gravies. Can be used as breading for fish or meat. • Potato starch may increase blood sugar levels.

For more information check out http://www.ndhealthfacts.org/wiki/Wheat_Alternatives



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