

Grains

Cereal (grass)

Graminae – Barley,

Fonio,

Job's tears,

Maize,

Millet,

Oat,

Rice,

Rye,

Sorghum,

Teff,

Triticale,

Triticum – Wheat, (bread, pasta, winter, red, farro including einkorn, emmer and spelt)

Pseudo Cereals (non-grass)

Buckwheat

Amaranth

Quinoa

Chia

Wattleseed (Acacia thorn tree seeds)

Hanza