

## GRAINS

*This is usually a reaction to undigested disaccharides (sugars) and not so much protein related. Disaccharidase enzymes in the small intestine are responsible for the final digestion of carbohydrates. When this fails to happen sugars can be left to ferment resulting in bloating, gut dysbiosis, inflammation and other digestive or neurological symptoms.*

GRAINS	STARCHES	SEEDS	SUBSTITUTES
Wheat Rye Spelt Kamut Barley Triticale Durum Semolina Oats Rice Millet Teff Sorghum	Potato Corn Arrowroot Tapioca Agar agar Carrageenan ( <i>thickener</i> ) Pectin ( <i>jams</i> ) Baking powder	Buckwheat Quinoa Amaranth	Nut & Seed flours Coconut flour Almond flour Bean flours Pea flours Muesli Paleo Chia ( <i>thickener</i> )  Gelatin Baking soda  Vegetables ( <i>non-starch</i> ) Fruit Fruit juice ( <i>not from concentrate</i> ) Honey Simple sugars Meat Eggs Nuts & Seeds  <b>May be OK:</b> Sweet potato Sprouted Grains

Avoiding GRAINS are part of a few diet-programs including SCD (Specific Carbohydrate Diet), GAPS (Gut And Psychology Syndrome Diet) and PALEO (Caveman Diet).