

GRAINS: OFTEN BAD, BUT CAN BE GOOD

THE DESTRUCTIVE GRAINS (STANDARD / COMMON):

1. Wheat (typically very refined) is highly destructive to health. In reality, it is simply a poison. See the documentary “What’s with Wheat?” for details. Two possible exceptions are “organic sprouted wheat berries” (found in some organic breads) and einkorn wheat.
2. Quick-cook oats are similar to eating sugar.
3. Rice (as most is ‘white rice’) is essentially the same as eating sugar.
4. Yellow corn is corrupted by genetic modification and has a high glycemic index (bad).

THE BETTER GRAINS (ORGANIC IF POSSIBLE):

1. Brown rice
2. Teff
3. Rye
4. Quinoa
5. Wild rice
6. Amaranth
7. Oats (long-cook only)
8. Millet
9. Buckwheat
10. Blue Corn, Red Corn, White Corn, Indian Corn

IT IS DEBATED WHETHER GLUTEN IS REALLY A PROBLEM, OR IF THE PROBLEM FOR MOST PEOPLE IS ACTUALLY JUST WHEAT (GMO, CHEMICALS AND PROCESSING).

GRAINS WITH GLUTEN INCLUDE: Wheat (in all its forms - e.g. spelt, khorasan [kamut®], faro, durum, bulgur and semolina); Barley; Rye; Triticale (a wheat and rye cross species).

NATURALLY GLUTEN FREE GRAINS INCLUDE: Millet; Teff; Quinoa; Amaranth; Buckwheat; Sorghum; Corn; Oats (check label for “gluten free”); Rice; Wild Rice; and Montina (Indian rice grass).