



Importance of a Gluten-Free Diet



1. Importance of a Gluten-Free Diet

Ideal for individuals with Celiac Disease or gluten intolerance, who must strictly avoid gluten proteins.



Following a gluten-free diet helps the intestines heal, improves nutrient absorption, and enhances overall health.



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2. Rice and Rice Flour

All types of rice are naturally gluten-free.

Brown Rice Flour:

Highly nutritious as it retains the bran, germ, and endosperm.



White Rice Flour:

Milled, losing some nutrients, but excellent for gluten-free baking and pastries.

Alternative flours: Almond, coconut, buckwheat seeds, sunflower seeds

Naturally Gluten-Free Foods and Ingredients

Fruits: Apples, bananas, oranges, berries.



Vegetables: Broccoli, spinach, sweet potatoes.

Proteins: Chicken, fish, beef, eggs, tofu.

Gluten-free grains/flours: Rice, quinoa, corn, buckwheat, millet, teff, amaranth.

Nuts and seeds: Almonds, cashews, pumpkin seeds



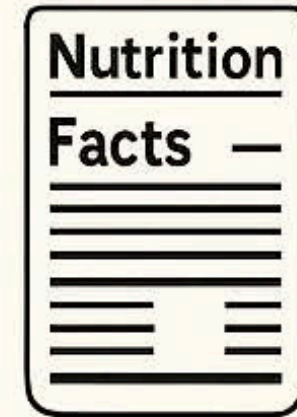
Alternative flours: Almond, coconut, chickpea, potato, tapioca, cassava, and certified gluten-free



Tips for Safe Consumption



Choose certified gluten-free ingredients to reduce the risk of cross-contamination.



Always read food labels.

Cook at home as much as possible to minimize risk.

Summary:

Rice and rice flour are safe and ideal staples for those avoiding gluten. Choosing brown rice ensures more complete nutrition, while selecting certified gluten-free ingredients and avoiding wheat, barley, and rye-based