



The Institute of Multidimensional Medicine, PLLC  
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# Gluten Intolerance

Foods you CANNOT eat	Alternatives you CAN eat
Barley	Quinoa
Rice, Rye	Wild Rice
Oat	Millet
Wheat	Buckwheat
Spelt	Cassava
Kamut	Plantain
Corn (meals, tortillas, wraps)	Yellow Grits (polenta)