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naturally gluten free foods the following grains legumes seeds and other starchy foods are naturally gluten free amaranth arrowroot beans buckwheat groats also known as kasha cassava chia corn flax gluten free oats

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a gluten free diet gfd is a nutritional plan that strictly excludes gluten which is a mixture of prolamin proteins found in wheat and all of its species and hybrids such as spelt kamut and triticale as well as barley rye and oats 1

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diet can be followed whether it s a medical necessity or just a personal preference

## **what is gluten celiac disease foundation**

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