

# Grains

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What are grains?

Grains are from the Poaceae family and are broken up into two categories : Whole-grains and refined grains.

- **Whole-Grains** : These are grains that contain the bran, germ and endosperm and not much processing has been done to them as these three basic components making up the grain remain intact.
- **Refined grains** are processed and are missing the germ and the bran and have a shortened shelf life. They are also much less nutritious than whole grains as the bran and germ are what hold all the essential vitamins and minerals.

## Type of Gluten-Free grains are:

- corn
- Rice
- Aramanth
- Buckwheat
- Millet
- Gluten-free Oats
- Quinoa
- Sorghum
- Teff

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What are Pseudo grains?

**Pseudo grains** or cereals are not actually grains. They form a special group on their own. They resemble grains but come from a different plant family.

Pseudo means “pretend”. So it is clear why these are given the name pseudo grains. Which of the grains fall into this category?

- Aramanth
- Quinoa
- Buckwheat

Why some react to gluten-free grains.

This is due to something termed as Gluten **cross-reactivity**.

When you have celiac disease, your body produces antibodies[2] against gluten. These antibodies also recognize proteins in other food and even though they don't contain gluten, your body can react to them as if it did.