

Gluten: Cross Reactive Foods

Certain foods cross-react with gluten. Sometimes, if avoiding gluten does not result in the kinds of improvements anticipated, then look for cross reactive foods and eliminate them either all at once or once at a time.

- Amaranth
- Buckwheat
- Coffee
- Corn
- Dairy
- Eggs
- Hemp
- Millet
- Oats
- Potato
- Quinoa
- Rice
- Sesame
- Sorghum
- Soy
- Tapioca
- Teff

Lab to test: Cyrex Labs – available to Program members through our site, or through a licensed health care practitioner: <https://yourlabwork.com/dr-ritamarie/>