

<b>FLOUR/STARCHES</b>	
<b>YES</b>	<b>NO</b>
Almond (blanched)	Barley (cannot pressure cook)
Arrowroot	Brown rice
Cassava (Yuca)	Buckwheat
Chestnut	Bulgur
Coconut	Corn
Grape seed	Cornstarch
Green banana (raw only)	Kashi
Hazelnut	Oats (cannot pressure cook)
Millet	Popcorn
Sesame (and seeds)	Quinoa (ok if pressure cooked)
Sorghum	Rye (cannot pressure cook)
Sweet potato	Spelt
Tapioca	Wheat (cannot pressure cook)
	Wheatgrass
	White rice (except basmati from India and pressure cooked)
	Whole grains
	Wild rice (ok if pressure cooked)