

PASTAS	
YES	NO
Cappelo's almond flour pasta	REFINED, STARCHY FOODS
Kanten pasta/Miracle noodle (made from sea vegetables)	Bread
Kelp noodles	Cereal
Korean sweet potato or yam noodles	Cookies
Hearts of palm noodles	Crackers
Millet pasta	Flours made from grain and pseudo-grains
Shirataki noodles from the konjac root; also a Miracle Noodle product	Pasta
Sorghum pasta-texture similar to wheat pasta	Pastry
Trader Joe's cauliflower gnocchi (cauliflower and cassava)	Potato Chips
	Potatoes (ok if pressure cooked)
CEREAL	Rice
Arrowhead Mills Natural Puffed Millet Cereal	Tortillas
Magic Spoon - flavors	