

Amaranth

Barley

Barnyard millet

Black rice

Black sesame seeds

Brown flax seeds

Buckwheat

Bulgur

Chia seeds

Corn

Couscous

Durum wheat

Einkorn

Emmer

Farro

Finger millet

Fonio

Fonio

Foxtail millet

Freekeh

Hemp seeds

Job's tears

Job's tears

Kamut

Kamut

Kaniwa

Kodo millet

Little millet

Millet

Oats

Pearl barley

Pearl millet

Poppy seeds

Proso millet

Pumpkin seeds

Purple barley

Quinoa

Red rice

Rice

Rye

Sesame seeds

Sorghum

Spelt

Spelt

Sunflower seeds

Teff

Triticale

Triticale

Wheat

Wild rice