| Name(s) of flour | Wheat-free | Gluten-free | Corn-free | Description |
| --- | --- | --- | --- | --- |
| alguashte | X | X | X | Ground pumpkin seeds |
| atta |  |  | X | blend of wheat and malted barley flours used to make chapatis |
| bajri | X | X | X | millet flour often used to make bread and griddle cakes |
| barley | X |  | X |  |
| Besan | X | X | X | Ground chickpeas |
| blue atole | X | X |  | Blue cornmeal that's been roasted that is usually cooked and served for breakfast much like oatmeal. |
| blue corn | X | X |  | Corn flour |
| brown rice | X | X | X | Ground rice |
| buckwheat | X | X | X | great in pancakes and pastas |
| Casaba | X | X | X | Brazilians use this as a thickener for stews - The starchy tuberous root of a tropical tree, used as food in tropical countries. |
| casava | X | X | X | Brazilians use this as a thickener for stews - The starchy tuberous root of a tropical tree, used as food in tropical countries. |
| chana | X | X | X | Ground chickpeas |
| chapati |  |  | X | blend of wheat and malted barley flours used to make chapatis |
| chapatti |  |  | X | blend of wheat and malted barley flours used to make chapatis |
| chappati |  |  | X | blend of wheat and malted barley flours used to make chapatis |
| chickpea | X | X | X | Ground chickpeas |
| cholam | X | X | X | Widely used in India and Africa, especially by poor farmers who can't afford wheat flour. |
| cici | X | X | X | Ground chickpeas |
| corn | X | X |  | Corn flour |
| Cornmeal | X | X |  | Corn flour |
| cream of rice | X | X | X |  |
| dal flour | X | X | X | ground from Indian legumes |
| dark rye meal | X |  | X | This flour is made from the whole rye grain, including the bran. |
| dhokra | X | X | X | Indian flour is made from a blend of rice, urad dal, and chickpeas. |
| farinha de mandioca | X | X | X | Brazilians use this as a thickener for stews - The starchy tuberous root of a tropical tree, used as food in tropical countries. |
| fufu | X | X | X | Made from bananas |
| garbanzo bean | X | X | X | Ground chickpeas |
|  |  |  |  |  |
| Gari | X | X | X | Nigerian flour is made from cassavas that have been fermented, roasted, and ground. |
| garri | X | X | X | Nigerian flour is made from cassavas that have been fermented, roasted, and ground. |
| gram | X | X | X | Ground chickpeas |
| harina semilla de calabaza | X | X | X | Ground pumpkin seeds |
| Harinilla | X | X |  | Corn flour |
| jhungori | X | X | X | Made from millet |
| jowar | X | X | X | Widely used in India and Africa, especially by poor farmers who can't afford wheat flour. Similar to sorghum |
| jowari | X | X | X | Widely used in India and Africa, especially by poor farmers who can't afford wheat flour. Similar to sorghum |
| Juar | X | X | X | Widely used in India and Africa, especially by poor farmers who can't afford wheat flour. Similar to sorghum |
| juwar | X | X | X | Widely used in India and Africa, especially by poor farmers who can't afford wheat flour. Similar to sorghum |
| kamut | X |  | X |  |
| Kheri | X | X | X | Made from millet |
| kodo | X | X | X | Made from millet |
| kurakkan | X | X | X | millet flour often used to make bread and griddle cakes |
| legume | X | X | X | ground from Indian legumes |
| Maida |  |  |  | Made from milled wheat flour |
| manioc | X | X | X | Brazilians use this as a thickener for stews - The starchy tuberous root of a tropical tree, used as food in tropical countries. |
| masa de harina | X | X |  | Corn flour made from hominy, and it's used to make corn tortillas and tamales. |
| masa harina | X | X |  | Corn flour made from hominy, and it's used to make corn tortillas and tamales. |
| Maseca | X | X |  | Corn flour made from hominy, and it's used to make corn tortillas and tamales. |
| mealie meal | X | X |  | Corn flour |
| millet | X | X | X | Made from millet, gluten-free grain |
| Moong | X | X | X | Ground mung bean |
| mung dal | X | X | X | Indian cooks use this to make breads and dumplings. |
| Muth | X | X | X | Pulse mixture |
| Oat bran | X |  | X | Made from oats |
| oat | X |  | X | Made from oats |
| Papad Khar | X | X | X | is Sodium Benzoate |
| plantain | X | X | X | Made from bananas |
| polenta meal | X | X |  | Corn flour |
| Powa | X | X | X | Pressed, beaten or flattened rice |
| pumpernickel | X |  | X | This flour is made from the whole rye grain, including the bran. |
| pumpkin seed | X | X | X | Ground pumpkin seeds |
| quinoa | X | X | X | Ground quinoa |
| Raagi | X | X | X | Ground finger millet |
| rava |  |  | X | Made from semolina |
| Rawa |  |  | X | Made from semolina |
| rice bran | X | X | X | very rich in fiber |
| rye | X |  | X | Ground rye |
| Shingoda | X | X | X | Water chestnut |
| Singoda | X | X | X | Water chestnut |
| sorghum | X | X | X | Widely used in India and Africa, especially by poor farmers who can't afford wheat flour. |
| soy | X | X | X | Ground soy beans |
| soya | X | X | X | Ground soy beans |
| soya powder | X | X | X | Ground soy beans |
| spelt | X |  | X | Spelt flour contains gluten, but it's tolerated by many people with gluten allergies. |
| Suji |  |  | X | Made from semolina |
| teff | X | X | X |  |
| triticale | X |  | X | Pronounced trit-ih-KAY-lee, this grain is a wheat-rye hybrid, but is higher in protein than either wheat or rye |
| urad dal | X | X | X | made from urad dal, a type of Indian lentil |
| Urid | X | X | X | made from urad dal, a type of Indian lentil |
| white rice | X | X | X | Ground rice |
| yellow pea | X | X | X | Made from peas |