



# Gluten-Free Substitutions

## Substitutions for 1 Tablespoon Wheat Flour

1/2 tbsp	Cornstarch	7 mL
1/2 tbsp	Potato starch or flour	7 mL
1/2 tbsp	White rice flour	7 mL
1/2 tbsp	Arrowroot starch	7 mL
2 tsp	Quick-cooking tapioca	10 mL
2 tsp	Tapioca starch	10 mL
2 tbsp	Uncooked rice	30 mL

## Substitutions for 1 Cup (240 mL) Wheat Flour\*

Mix:	2 cups	Brown rice flour	500 mL
	2 cups	Sweet rice flour	500 mL
	2 cups	Rice polish	500 mL

Store in an airtight container. Use 7/8 cup (215 mL) of the mixture in place of 1 cup (240 mL) wheat flour.

## Other Substitutions for 1 Cup (240 mL) Wheat Flour

5/8 cup	Potato starch	150 mL
7/8 cup	White or brown rice flour	215 mL
1 cup	Corn flour	240 mL
1 cup	Fine cornmeal	240 mL
3/4 cup	Coarse cornmeal	175 mL
7/8 cup	Whole-bean flour	215 mL
5/8 cup	White or brown rice flour <i>plus</i>	150 mL
1/3 cup	Potato starch flour	75 mL
1 cup	Soy flour <i>plus</i>	240 mL
1/4 cup	Potato starch flour	50 mL
3/4 cup	Rice flour <i>plus</i>	175 mL
1/4 cup	Cornstarch	50 mL

\*A combination of flours/starches gives a better gluten-free product.

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