

Potential Nutrient Deficiencies on a Gluten Free Diet

Nutrients	Alternatives
Chromium	meat, cheese
Magnesium	dried beans and peas
Molybdenum	soil dependent
Selenium	soil dependent, fresh vegetables
Vit B6	pork, legumes, potatoes, bananas
Folicin	green leafy vegs, nuts, legumes
Pantothenic Acid	egg yolk, fresh vegetables