



Bring on the barley

In its whole-grain form, barley is packed with a wealth of beneficial nutrients. Known for its nutty flavor and slightly chewy texture, it makes a great addition to soups, salads, and many other dishes.

WHAT'S IN IT

- **Fiber:** One-quarter cup of uncooked, whole-grain barley (3/4 cup cooked) has 8 grams of fiber.
- **Beta-glucan:** One of the unique fiber types in barley, beta-glucan, has been shown to lower blood LDL-cholesterol levels by aiding cholesterol excretion from the body.
- **Antioxidants:** Contains many vitamins, minerals, and phytochemicals. Vitamin E and lignans are two antioxidants in whole-grain barley.
- **Minerals:** It provides a good source of iron, selenium, copper, and magnesium.



HEALTH BENEFITS

A diet high in whole grains, such as barley, is widely recognized as beneficial to health. It may:

- Reduce the risk of heart disease
- Support healthy digestion
- Aid in weight management and weight loss
- Reduce the risk of type 2 diabetes
- Lower chronic inflammation
- Decrease the risk of cancer
- Support bone health

TYPES OF BARLEY

To get the health benefits of eating barley, you need to eat the whole-grain form. When a grain is refined, the bran and germ are stripped away, removing some key nutritional value, including its fiber.

Barley comes in several forms, some of which are whole and some refined. Choose a whole-grain version!

Whole grain barley

- Hulled barley
- Hulled barley grits
- Hulled barley flakes
- Whole grain barley flour

Refined barley

- Pearl barley
- Quick pearl barley

