

Sorghum & Barley: Nutritious Whole Grains

U.S. sorghum and barley offer various health benefits to consumers.

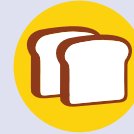
GRAIN FACTS



- High in dietary fiber, which helps you feel full after eating



- High in phyto-chemicals, which have protective or disease preventative properties



- Contain many important vitamins and minerals the human body needs to function properly



- Naturally low in fat



Sorghum

- Naturally gluten free (a high vitamin alternative for baked goods)
- Neutral flavor and light color making it versatile and adaptable to many recipes



Sorghum Resources

http://sorghumcheckoff.com/wp-content/uploads/2012/06/2013_09_nutrition_booklet_small.pdf



Barley

- Insoluble fiber in barley promotes digestive health by helping to maintain regularity
- Some varieties of U.S. barley contain beta-glucans, a type of soluble fiber, known to lower blood cholesterol, which can reduce the risk of heart disease¹



Barley Resources

<http://wholegrainscouncil.org/whole-grains-101/health-benefits-of-barley>

Source:¹ U.S. Food and Drug Administration



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