

# SORGHUM & BARLEY: NUTRITIOUS WHOLE GRAINS

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

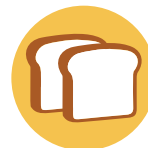
## GRAIN FACTS



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



- High in phytochemicals, 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



### 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 disease<sup>1</sup>



#### Sorghum Resources

[http://sorghumcheckoff.com/wp-content/uploads/2012/06/2013\\_09\\_nutrition\\_booklet\\_small.pdf](http://sorghumcheckoff.com/wp-content/uploads/2012/06/2013_09_nutrition_booklet_small.pdf)

#### Barley Resources

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

Source: 1 U.S. Food and Drug Administration

