

# 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](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 disease<sup>1</sup>



### Barley Resources

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

Source: <sup>1</sup> U.S. Food and Drug Administration



**U.S. GRAINS &  
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COUNCIL  
[grains.org](http://grains.org)