

- 1/2 cup cooked pearled barley provides:
 - 176 Calories, 5 gm protein, 8 gm fiber, no fat, no cholesterol
- Potential benefits of consuming barley:**
 - Contains *beta-glucans*, a type of soluble fiber, that lowers cholesterol and maintains steady blood sugars
 - Excellent source of potassium which helps moderate blood pressure, magnesium important for nerve function and energy production, and calcium and phosphorus for strong bones
 - Rich source of B vitamins like niacin, thamin, folate and B6 and the antioxidant selenium
 - Soak hulled barley, drain and rinse before cooking in water or broth. Pearled barley does not require pre-soaking
 - Toss into soups or stews, veggie sides, or use instead of rice or pasta

Health Benefits of Barley



Barley, like oats, is a chewy grain with cholesterol-lowering effects. Hulled barley is whole grain. Pearled barley is refined but still nutritious.

Barley

- 1/2 cup cooked pearled barley provides:
 - 176 Calories, 5 gm protein, 8 gm fiber, no fat, no cholesterol
- Potential benefits of consuming barley:**
 - Contains *beta-glucans*, a type of soluble fiber, that lowers cholesterol and maintains steady blood sugars
 - Excellent source of potassium which helps moderate blood pressure, magnesium important for nerve function and energy production, and calcium and phosphorus for strong bones
 - Rich source of B vitamins like niacin, thamin, folate and B6 and the antioxidant selenium
 - Soak hulled barley, drain and rinse before cooking in water or broth. Pearled barley does not require pre-soaking
 - Toss into soups or stews, veggie sides, or use instead of rice or pasta

Health Benefits of Barley



Barley, like oats, is a chewy grain with cholesterol-lowering effects. Hulled barley is whole grain. Pearled barley is refined but still nutritious.

Barley

Barley

Barley, like oats, is a chewy grain with cholesterol-lowering effects. Hulled barley is whole grain. Pearled barley is refined but still nutritious.



Health Benefits of Barley

1/2 cup cooked pearled barley provides:

- 176 Calories, 5 gm protein, 8 gm fiber, no fat, no cholesterol

Potential benefits of consuming barley:

- Contains *beta-glucans*, a type of soluble fiber, that lowers cholesterol and maintains steady blood sugars
- Excellent source of potassium which helps moderate blood pressure, magnesium important for nerve function and energy production, and calcium and phosphorus for strong bones
- Rich source of B vitamins like niacin, thamin, folate and B6 and the antioxidant selenium
- Soak hulled barley, drain and rinse before cooking in water or broth. Pearled barley does not require pre-soaking
- Toss into soups or stews, veggie sides, or use instead of rice or pasta

Barley

Barley, like oats, is a chewy grain with cholesterol-lowering effects. Hulled barley is whole grain. Pearled barley is refined but still nutritious.



Health Benefits of Barley

1/2 cup cooked pearled barley provides:

- 176 Calories, 5 gm protein, 8 gm fiber, no fat, no cholesterol

Potential benefits of consuming barley:

- Contains *beta-glucans*, a type of soluble fiber, that lowers cholesterol and maintains steady blood sugars
- Excellent source of potassium which helps moderate blood pressure, magnesium important for nerve function and energy production, and calcium and phosphorus for strong bones
- Rich source of B vitamins like niacin, thamin, folate and B6 and the antioxidant selenium
- Soak hulled barley, drain and rinse before cooking in water or broth. Pearled barley does not require pre-soaking
- Toss into soups or stews, veggie sides, or use instead of rice or pasta