



## Health Benefits of Rye

Rye grains may look like wheat but are higher in potassium, vitamin E and fiber. Like wheat, rye grains are cracked before use. Ground rye flour is slightly darker in color with a rich flavor.

### **1/4 cup cracked rye grains provides:**

- 143 Calories, 4 gm protein, 7 gm fiber, 1 gm fat, no cholesterol

### **Potential benefits of consuming rye:**

- Rich source of B vitamins thiamin, pantothenic acid and folate, and vitamins K and E. Good source of manganese, potassium, copper and phosphorus
- Good source of magnesium helping to lower blood glucose, regulate blood pressure and normalize heart rhythm
- Rye has a lower glycemic index and more soluble fiber than wheat, making it a better choice for those with diabetes. Rye also fights inflammation and heart disease
- Rye is lower in gluten than wheat, creating denser baked goods
- Rye is found cut into coarse groats, rolled or ground into flour. Most commercial breads are made with half rye-half wheat flours

For more Healthy Bytes Initiative information, visit:  
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