

- 143 Calories, 4 gm protein, 7 gm fiber, 1 gm fat, no cholesterol
- 1/4 cup cracked rye grains provides:**
- Potential benefits of consuming rye:**
 - Rich source of B vitamins thiamin, pantothenic acid, folate, and vitamins K and E. Good source of manganese, potassium, copper, 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 flour

Health Benefits of Rye



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

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