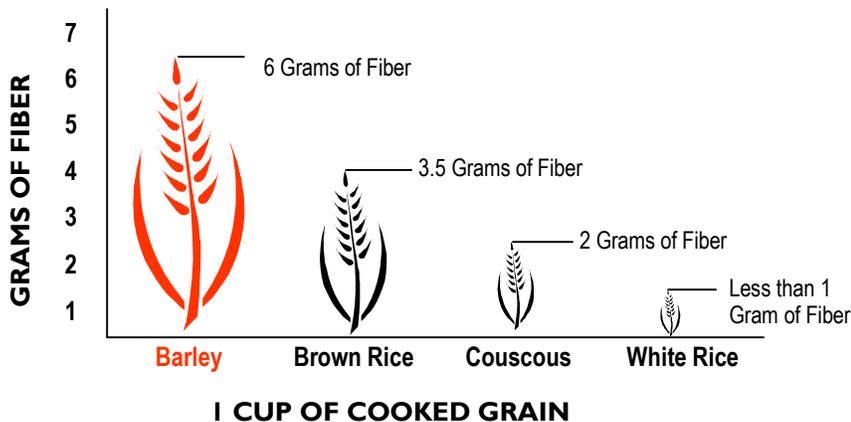


Fiber - What is it?

Fiber is a substance that's only found in plants and cannot be digested or absorbed by the human body. The plant fiber that we eat is called dietary fiber. Health and nutrition professionals recommend that we eat about 20 to 35 grams of fiber every day. Barley is a good choice when it comes to adding fiber to meals. For example, a 1 cup serving of cooked pearl barley contains 6 grams of total dietary fiber where as a 1 cup serving of cooked white long grain regular rice contains less than 1 gram of total dietary fiber.



Soluble & Insoluble Fiber - What's the difference?

There are two types of dietary fiber—soluble and insoluble.

Insoluble fiber, also known as roughage, helps maintain healthy intestinal function, which can help reduce the incidence of certain types of cancer such as colon cancer.

Soluble fiber mixes with liquid and binds to fatty substances to help remove them from the body. Soluble fiber lowers blood cholesterol, thus decreasing the risk of heart disease. It also slows digestion of all carbohydrates helping to control blood sugar. This may be particularly helpful for persons with diabetes or insulin resistance.

Barley contains both insoluble and soluble fiber. In fact, barley contains high levels of beta-glucan, a soluble dietary fiber, which has been proven to be equal to oats in lowering blood cholesterol in humans.

What about processed barley and fiber?

In most grains, fiber is found only in the bran (out layer) of the kernel. So when most grains are processed, the bran or outer layer is typically removed and the fiber is lost. **Barley, on the other hand, contains fiber throughout the entire kernel.** This means that a processed barley product (such as flour, flakes or pearl barley) retains at least 50% of its original fiber content even after the bran is removed.

How can I increase fiber in my favorite recipes?

For an easy fiber boost, add cooked pearl barley to prepared dishes such as soups, stews, casseroles and salads. And for another healthful dose of fiber, add barley flour to baked goods recipes.

Barley

For your heart.
For your health.



The risk of coronary heart disease rises as blood cholesterol levels increase. When other risk factors (such as high blood pressure) are present, this risk increases even more. High cholesterol has no symptoms, and many people have it without knowing it. Everyone age 20 & older should have their cholesterol measured at least once every five years.

Source: American Heart Association



Some risks associated with heart disease can be significantly reduced through healthful eating habits and exercise. This includes adding fiber such as that found in barley to the daily diet.



Barley is a good choice when it comes to adding fiber to the diet because it contains both soluble & insoluble fiber. Beta-glucan, a form of soluble fiber, significantly lowers total cholesterol and LDL cholesterol levels reducing the risk of cardiovascular disease. Barley and oats are the only two grains that contain significant levels of soluble fiber.

Source: USDA Nutrient Database for Standard Reference Release 16 (July 2003)



Barley is naturally cholesterol-free and low in fat. For example a 1/2-cup serving of cooked pearl barley, a typical grain serving recommended by the US Department of Agriculture Food Guide Pyramid, contains less than 1/2 gram of fat and only 100 calories.

Source: USDA Nutrient Database for Standard Reference Release 12 (November 1999)

Cooking for Two

Barley & Shrimp Skillet Dinner

2 tsp.	olive oil
2/3 Cup	pearl barley
1 clove	minced garlic
1/4 tsp.	ground turmeric
2 tbsp.	chopped parsley
1-1/2 cups	cherry tomatoes, cut in half
1-1/2 cups	clam juice or chicken broth
1/2 cup	dry white wine
6-8oz.	scallops or shrimp, or both
1/2 cup	frozen green peas, defrosted

Heat oil in wide skillet over medium heat. Add barley, garlic and turmeric. Cook, stirring until barley is golden, about 3 to 4 minutes. Stir in parsley, cherry tomatoes, clam juice and wine. Bring to boil. Reduce heat, cover and simmer 35 minutes. Arrange seafood and peas over barley. Cover and cook 10 to 15 minutes longer or until barley is tender. Add more liquid if barley seems dry. Spoon into bowls. Makes 2 generous servings.

Per serving: 487 calories, 28 g protein, 8 g fat, 69 g carbohydrate, 28 mg cholesterol, 15 g fiber.

Cooking for Two

Nutty Barley Risotto

1 tbsp.	olive oil
1	medium shallot, minced
1 cup	chopped fresh mushrooms,
1 cup	barley
1/4 cup	dry white wine
2 cups	chicken broth
1/2 cup	grated Parmesan cheese
1/2 cup	halved cherry tomatoes
1/3 cup	chopped walnuts, lightly toasted

Heat oil in heavy-bottomed medium-size pan. Add shallot and mushrooms and sauté over medium heat until tender, about 5 minutes. Add barley and cook over low heat 1 to 2 minutes or until glistening. Add wine and cook over medium heat until wine evaporates.

Add chicken broth and bring to boil. Reduce heat to low. Simmer, covered, until liquid is absorbed and barley is tender but still chewy, 35 to 40 minutes. Stir in cheese, tomatoes, walnuts and season to taste with salt and pepper. Serve immediately.

Do-It-Yourself Barley Soup Mix

For a fun gift idea, wrap this package of home-made soup mix in cellophane and decorate with a pretty ribbon. Don't forget to include a note card with cooking directions

1/4 cup pearl barley
1/4 cup green split peas
1/4 cup red lentils
4 beef or chicken bouillon cubes, crushed
2 tsp. cornstarch
2 tsp. instant onion flakes
2 tsp. parsley flakes
1/2 tsp. dried basil, crushed
1/2 tsp. garlic powder
1/2 small bay leaf
1/4 tsp. dried thyme, crushed
1/4 tsp. black pepper

Put barley, split peas and lentils in plastic bag. Place remaining ingredients in plastic sandwich bag; seal and place pouch of seasonings in bag with barley. Seal and attach directions for use.

To use: Rinse barley mixture in strainer. Place barley mixture in kettle with contents of seasoning packet, 5 cups water and 1 tbsp. butter. Bring to boil. Reduce heat, cover and simmer about 1 hour and 15 min. or until barley, peas and lentils are tender. Makes 1 quart or 4 one-cup servings.

Variations: For heartier soup, add ham, kielbasa, chicken or turkey to cooked soup and heat thoroughly before serving.

Pick-Your-Pilaf

Add a little **pizzazz** to your side dish repertoire with one of these signature barley pilafs. For basic barley pilaf, begin with 1 cup pearl barley and 3 cups liquid, using chicken, beef or vegetable broth, or fruit juice. Then choose one of the following variations and cook, using our stove-top or microwave method.

Stove-top method: Place ingredients in medium saucepan. Bring to boil; reduce heat to low and cook, covered, 45 minutes or until barley is tender and liquid is absorbed. Makes 3 1/2 to 4 cups.

Microwave method: Place ingredients in 3-quart casserole. Cook covered 22 to 26 minutes, stirring 10 minutes. Let stand 5 minutes before serving. Makes 3 1/2 to 4 cups.

PEPPER PILAF

Use beef, chicken or vegetable broth. Sauté 2/3 cup diced bell pepper in 1 tbsp. olive oil. Add 1 tsp. grated lemon peel, 1/2 tsp. each garlic powder and ground ginger and 1/4 tsp. pepper. Combine with barley and broth & cook as directed above.

CURRIED PILAF

Use chicken broth for liquid. Sauté 1/4 cup finely chopped onion, 1 minced clove garlic, 2 to 3 tsp. curry powder and 3 tbsp. each currants and slivered almonds in 1 tbsp. butter for 2 to 3 minutes. Add to broth and barley. Cook as directed above. Just before serving, fluff pilaf with fork and stir in 2 tablespoons fresh minced parsley, if desired.

MUSHROOM PILAF

Use beef, chicken or vegetable broth. Sauté 1/2 cup fresh mushrooms in 2 tsp. olive oil. Combine with 2 tbsp. minced green onions, 1/4 tsp. crumbled dried rosemary, broth and barley and cook as directed above. Stir in 2 tbsp. grated Parmesan cheese just before serving.

SPINACH PILAF

Use chicken broth, adding 1 tsp. dried basil and 1/2 tsp. onion powder and cook as directed above. During last 5 minutes of cooking, stir in 1 cup fresh spinach, 2 tsp. lemon juice or white wine vinegar and a dash of nutmeg.