Whole grains lower the risk of cardiovascular disease
Whole grain foods help decrease cholesterol levels, blood pressure and blood coagulation. Barley & oats are especially helpful in lowering cholesterol levels.

Whole grains lower the risk of type 2 diabetes
Whole grains slow digestion of all carbohydrates, thus reducing the rise in glucose and insulin. This is beneficial to diabetics & persons who experience insulin resistance. Barley has a very low glycemic index

Whole grains help regulate body weight
Repeated studies have shown that people who eat more whole grains tend to gain less weight. This may be because whole grains require chewing and are digested slowly, both of which contribute to feelings of fullness and delay the return of hunger.

Whole grains help promote regular bowel functions
This may also contribute to the reduction in cancer risk, as constipation allows cancer promoting toxins more time to interact with the lining of the intestines.

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**3-A Day Whole Grains**

2005 Dietary Guidelines Key Recommendations

One of the key recommendations in the 2005 Dietary Guidelines was for individuals to consume 3 or more servings of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked barley, rice or pasta.

On average people consume less than 1 serving of whole grains per day.

At least 1/2 the grains should come from whole grains

What is a Whole Grain?

Whole grains, as well as foods made from them, consist of the entire grain seed, usually called the kernel. The kernel is made of 3 components—the bran, the germ, and the endosperm.

If the kernel has been cracked, crushed or flaked, then it must retain nearly the same relative proportion of bran, germ, and endosperm as the original grain to be called whole grain.

Source: Dietary Guidelines for Americans, 2005

Finding the Whole Grain

At the grocery store

Whole grains cannot be identified by the color of the food; label reading skills are needed. Make an informed choice by using the fiber information on food labels.

For many whole-grain products, the words “whole” or “whole grain” will appear before the grain ingredient’s name. The whole grain should be the first ingredient listed.

“100% Wheat”, “Multigrain”, and “Stone Ground” does not mean that it comes from whole grains.

Source: Dietary Guidelines for Americans, 2005

Barley Whole Grain Goodness

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

**Barley Breakfast Hash**

Greet the morning with delicious hot barley cereal. To prepare, combine 1 cup pearl barley with 3 cups apple juice, 1 tsp. cinnamon and a dash nutmeg. Bring to boil; cover. Reduce heat and simmer 45 minutes or until tender. Serve hot with milk or light cream and a sprinkling of brown sugar or maple syrup.

In medium saucepan, bring chicken broth to boil. Add barley; return to boil. Reduce heat to low, cover and cook 45 minutes or until tender. Set cooked barley aside. Crumble sausage into large skillet. Add chopped onions; sauté over medium heat until sausage is browned. Drain off fat. Add cooked barley and parsley to sausage. Stir and continue to cook until barley begins to brown. Spoon barley-sausage mixture into 4 ramekins or other oven-safe single-serving dishes. Break an egg over each serving. Cover and refrigerate at least 4 hours or overnight to allow flavors to blend. **Makes 8 servings.**

**Barley Bean Toss**

In medium saucepan, bring water to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Combine cooked barley with remaining salad ingredients in large bowl; set aside. In small saucepan, combine dressing ingredients. Heat until dressing bubbles. Pour hot dressing over salad. Cover and refrigerate at least 4 hours or overnight to allow flavors to blend. **Makes 8 servings.**

**Barley Lentil Soup**

In a saucepan, add olive oil, onion and garlic; sauté four minutes, stirring occasionally. Add carrots and celery; sauté 3 minutes longer, stirring occasionally. Add tomatoes, kidney beans, mushrooms, lentils, barley, tomato paste, thyme, and curry powder. Bring to a boil. Reduce heat and simmer 60 to 70 minutes or until lentils and barley are tender. Blend in remaining broth, lemon juice, Worcestershire sauce, salt and pepper.