



# WHOLE GRAINS: BEYOND WHEAT

## BARLEY



High in fiber, and potentially more effective in lowering cholesterol than oats. Pearled barley is missing some of the bran and is technically not a whole grain, but it's still more nutritious than a fully refined grain. It's a great addition to soups and stews.

## CHIA SEEDS

High in fiber, protein and heart healthy Omega-3 fatty acids. Try adding to any drink, salad or dish to boost its nutrition content. Try making a breakfast pudding by mixing 1 cup milk of choice with 1/4 cup chia seeds. Add your favorite mix-ins (nuts, fruit, etc) and refrigerate overnight.



## FARRO



Rich in protein and other nutrients. This ancient Italian grain has a nutty flavor and cooks fairly quickly. After boiling, it can be served as a breakfast cereal, or used in soups, salads or as a side dish. It makes a great rice substitute.

Packed with fiber and omega-3 fatty acids, it's shown to lower cholesterol and blood sugar. You can purchase it whole or ground. Trying sprinkling on yogurt, add in a smoothie or on a salad for a little crunch and nutty flavor.



## FLAXSEED

## OATS



Contains a special fiber called Beta-glucan, which is especially effective at lowering cholesterol. Oats rarely have the bran or germ removed, so it's a safe bet you are getting a whole grain if oats or oat flour is listed. A great way to start off your day!

It has a high protein content and can help reduce blood sugar. It is gluten free and can help keep you full longer. Quinoa is one of the few plant foods that is a complete protein. It cooks in about 10 minutes and can be served hot or cold.



## QUINOA

Source: Whole Grain Council, WebMD & The Spruce Eats

**Contact your onsite Health Coach for more information:**

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