



Grains

Barley

Nutrition Information

- Manganese
- Molybdenum
- Selenium
- Fiber
- Copper
- Vitamin B1
- Protein

Dig Deeper

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Chronic- Diet Related Illness

- Barley is a cholesterol free grain making it a heart healthy food for heart disease
- Barley is great for type 2 diabetics - it contains beta-glucan fiber which slows the absorption of blood glucose so there are no spikes in blood sugar
- The soluble fiber in barley can reduce the risk of heart disease. LDL cholesterol levels can decrease with regular consumption of barley
- Beta glucan promotes satiety which helps with weight management

Other Helpful Information for hand-outs or clinical discharges

- Unlike other grains that have fiber on the outer shell, barley contains fiber throughout meaning eating processed barley does not provide less fiber
- Contains gluten

Resources

<http://www.barleyfoods.org/nutrition.html>

<http://www.barleyfoods.org/documents/wholearticlebarleylowerscholesterol.pdf>

<http://www.todaysdietitian.com/newarchives/050114p16.shtml>

<http://www.barleyfoods.org/documents/Wholearticlebarleyfightsdiabetes.pdf>

Whole Wheat

Nutrition Information

- Manganese
- Selenium
- Fiber
- Phosphorous
- Copper
- Protein

Chronic- Diet Related Illness

- Fiber in whole wheat can help with satiety promoting weight management

Other Helpful Information for hand-outs or clinical discharges

- Contains gluten
- Whole wheat contains a high amount of fiber, however, refined wheat does not
- Refined wheat does not contain the bran or germ- where most of the nutrients are located

Resources

<https://wholegrainscouncil.org/whole-grains-101/whole-grains-101-orphan-pages-found/health-benefits-wheat>

<http://www.healthline.com/nutrition/foods/wheat#section3>

Oats

Nutrition Information

- Manganese
- Molybdenum
- Phosphorous
- Copper
- Biotin
- Vitamin B1
- Magnesium
- Fiber
- Selenium
- Protein

Chronic- Diet Related Illness

- Oats are a cholesterol free grain making it a heart healthy food for heart disease
- Oats are great for type 2 diabetics – oats contain beta-glucan fiber which slows the absorption of blood glucose so there are no spikes in blood sugar
- The soluble fiber in oats can reduce the risk of heart disease. LDL cholesterol levels can decrease with regular consumption
- Beta glucan promotes satiety which helps with weight management
- Oats are the only source of the antioxidant: avenanthramides. Which has anti-inflammatory properties and can reduce risk of atherosclerosis

Other Helpful Information for hand-outs or clinical discharges

- Beta glucan is found in barley and oats
- Oats are different from other grains in which they contain 3 types of starches that make them easy to digest
- Oats are gluten free but are typically processed at facilities with other gluten containing grains. Looks for certified gluten free when choosing oats.

Resources

<http://www.healthline.com/nutrition/foods/oats#section1>

Whitehead et al. (2014). Cholesterol-lowering effects of oat B-glucan: a meta-analysis of randomized controlled trials. *Am J Clin Nutr.* Dec; 100(6) 1413-21. Doi: 10.3945/ajcn.114.086108. <https://www.ncbi.nlm.nih.gov/pubmed/25411276>

Nie et al. (2006). Avenanthramide, a polyphenol from oats, inhibits vascular smooth muscle cell proliferation and enhances nitric oxide production. *Journal of Atherosclerosis.* Jun; 186(2):260-6. <https://www.ncbi.nlm.nih.gov/pubmed/16139284>

<http://www.healthline.com/nutrition/foods/oats#section6>



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