

Nutritional Information for Whole Grains:

Grain ½ cup dry	Calories	Fat	Sat Fat	Carbs.	Fiber	Protein	Vitamins	Minerals	Misc.
Brown rice	374	2.5	0.5	72	3.2	7.1	B vitamins	Magnesium Zinc, Iron	Higher in protein and 3x the fiber of white rice
Rolled oats	150	3	0.5	27	4	5.5	B vitamins	Magnesium Iron	2 grams cholesterol lowering soluble fiber
Barley	320	1	0	74	10	10	B vitamins	Magnesium	Top 3 in Fiber and protein
Bulgur	240	1	0	53	13	9	B vitamins	Iron, Magnesium	Tops in Fiber
Steel cut oats	300	4	0	52	8	8	B vitamins	More Calcium than rolled oats	More flavor than rolled oats
Millet	360	4	0	64	12	9.6	B vitamins	Magnesium Iron	Fiber and protein top 3
Quinoa	340	5	0	60	6	14	B vitamins	Iron, Zinc, Magnesium	Tops in protein, great source of Iron