

Great Grains Guide

Whole intact grains can be a great source of fiber, slow burning carbohydrates, and many nutrients. Learning how to prepare them can increase the nutrient density of your meals AND help you avoid the pitfalls of eating too many processed grains.

WHOLE INTACT GRAIN	FLAVOR & CHARACTERISTICS	NOTABLE NUTRIENTS	PREPARATION (for 1 cup grain)
 <p>AMARANTH</p> <p>gluten free</p>	<p>Tiny, round seed with a nutty, sometimes peppery flavor. Cooks up to a porridge consistency.</p>	<p>High in protein, calcium, iron, and zinc; particularly rich in lysine, an amino acid often missing in grain foods.</p>	<p>3 cups water 20 minutes</p>
 <p>HULLED or HULL-LESS BARLEY (not pearled)</p>	<p>Small oval grain, chewy with a mild slightly sweet and nutty flavor.</p>	<p>Highest in fiber of all the whole grains. High levels of beta-glucan, a cholesterol lowering soluble fiber.</p>	<p>3 ½ cups water 40 minutes</p>
 <p>BUCKWHEAT GROATS</p> <p>gluten free</p>	<p>Brown triangular seeds with a mild grassy flavor. Kasha is buckwheat that has been hulled and roasted.</p>	<p>High levels of zinc, copper, and manganese. Rich in protein and antioxidants, especially rutin, a bioflavonoid that can help control blood pressure and is anti-inflammatory.</p>	<p>2 cups water 10 minutes</p>
 <p>KAMUT</p>	<p>Heirloom variety of wheat. Chewy texture and nutty flavor.</p>	<p>High in protein and fiber. Good source of selenium, zinc, magnesium, and iron.</p>	<p>3 cups water 45-60 minutes (if soaked overnight, 30-40 minutes)</p>
 <p>MILLET</p> <p>gluten free</p>	<p>Small round seed that can be white, gray, yellow or red. Mild, slightly sweet flavor.</p>	<p>High in fiber, antioxidants, magnesium, and B vitamins.</p>	<p>2 cups water 20 minutes</p>
 <p>SPELT BERRIES</p>	<p>Heirloom variety of wheat. Chewy texture and nutty flavor.</p>	<p>Slightly higher in protein than wheat berries, high in fiber, and a good source of iron and manganese.</p>	<p>3 cups water 60-80 minutes (if soaked overnight, 40-60 minutes)</p>
 <p>STEEL CUT OATS</p> <p>* gluten free</p>	<p>Simply whole oat groats cut into smaller pieces. Creates a chewy, slightly sweet, full bodied whole grain.</p>	<p>Rich in antioxidants with anti-inflammatory and anti-itching activities and beta-glucan (cholesterol lowering soluble fiber). Higher in protein than most grains.</p>	<p>3 cups water 15-20 minutes</p>

WHOLE INTACT GRAIN	FLAVOR & CHARACTERISTICS	NOTABLE NUTRIENTS	PREPARATION (for 1 cup grain)
 <p>QUINOA</p> 	<p>Small round seed with a mild slightly earthy flavor. Puffs open when cooked. Must rinse first to remove saponins. Some brands come pre-rinsed.</p>	<p>Good source of high quality protein, iron, folate, magnesium and zinc.</p>	<p>2 cups water 12-15 minutes</p>
 <p>BROWN RICE</p> 	<p>Nutty flavor and slightly chewy texture. Many variations (long grain, medium grain, short grain, basmati, etc.).</p>	<p>Great source of manganese, B vitamins, magnesium, fiber, and iron.</p>	<p>2 - 2 ½ cups water 25-45 minutes (varies by type)</p>
 <p>BLACK RICE (FORBIDDEN RICE)</p> 	<p>Mild, nutty flavor and slightly chewy texture, similar to brown rice.</p>	<p>Higher amount of antioxidants than any other grain. Good source of iron, fiber, magnesium, and B vitamins.</p>	<p>2 ¼ cups water 30-35 minutes</p>
 <p>WHEAT BERRIES</p>	<p>Whole kernel of wheat grain. Chewy texture and nutty flavor.</p>	<p>Rich in protein, fiber, and iron.</p>	<p>3 cups water 60 minutes</p>

*Oats are naturally gluten-free, but they are frequently contaminated with wheat during growing or processing. You must purchase oats that are certified gluten-free to avoid the gluten contamination.

Cooking Tips for Whole Intact Grains

For most grains, cooking is simple: bring water and grain to a boil, cover, reduce heat, and simmer for suggested time. Refer to package instructions for best results since cooking times will vary.

Most whole intact grains are very versatile and can be eaten sweet or savory.