



Barley

Health Benefits of Barley

Barley, like oats, is a chewy grain with cholesterol-lowering effects. Hulled barley is considered whole grain. Pearled barley, most often found in groceries, is refined but still nutritious.

1/2 cup cooked barley provides:

- Pearled: 176 Calories, 5 gm protein, 8 gm fiber, no fat, no chol
- Hulled: 177 Calories, 7 gm protein, 9 gm fiber, 1 gm fat, no chol

Potential benefits of consuming barley:

- Contains *beta-glucans*, a type of soluble fiber, that helps lower cholesterol and maintain steady blood sugars
- Excellent source of potassium which helps moderate blood pressure, magnesium important for nerve function and energy production, and calcium and phosphorus for strong bones
- Rich source of B vitamins like niacin, thamin, folate and B6 and the antioxidant selenium
- Soak hulled barley, drain and rinse before cooking in water or broth. Pearled barley does not require pre-soaking
- Toss into soups or stews, veggie sides, or use instead of rice

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