

# GLUTEN-FREE GRAINS

## Nutritional Profiles & Health Benefits Guide

GRAIN	KEY NUTRIENTS	PRIMARY HEALTH BENEFITS
<b>Quinoa</b>	Complete Protein, Magnesium, Fiber	Provides all nine essential amino acids; supports metabolic health and blood sugar regulation.
<b>Buckwheat</b>	Rutin, Manganese, Copper	High antioxidant content; improves heart health by lowering cholesterol and blood pressure.
<b>Amaranth</b>	Manganese, Phosphorus, Iron	Supports bone health and brain function; contains anti-inflammatory peptides.
<b>Millet</b>	Antioxidants, Magnesium, Calcium	Low glycemic index helps manage diabetes; supports healthy digestion and respiratory health.
<b>Sorghum</b>	Phenolic compounds, Fiber	Rich in phytochemicals that reduce inflammation; supports gut microbiome diversity.
<b>Teff</b>	Vitamin C, Iron, Calcium	Significant source of iron for energy; promotes circulation and bone density.

<b>GRAIN</b>	<b>KEY NUTRIENTS</b>	<b>PRIMARY HEALTH BENEFITS</b>
<b>Brown Rice</b>	Selenium, B-Vitamins	Protects against oxidative stress; essential for nerve function and thyroid health.
<b>Oats (Certified)</b>	Beta-glucan, Avenanthramides	Soluble fiber lowers LDL cholesterol; unique antioxidants protect against skin irritation.

\*Note: Ensure grains are labeled "Certified Gluten-Free" to avoid cross-contamination.