

WHOLE GRAIN HIGH FIBER REFERENCE CHART

GRAIN VARIETY	SERVING SIZE (COOKED)	FIBER CONTENT	GLYCEMIC INDEX
Bulgur Wheat Ancient Grain	1 Cup	8.2g	Low
Barley (Pearled) Cereal Grain	1 Cup	6.0g	Low
Quinoa Pseudocereal	1 Cup	5.2g	Low/Med
Oat Bran Cereal Grain	1 Cup	5.7g	Low
Brown Rice Cereal Grain	1 Cup	3.5g	Medium
Buckwheat (Kasha) Pseudocereal	1 Cup	4.5g	Low
Farro Ancient Wheat	1 Cup	7.0g	Medium