

# WHOLE GRAIN COMPLEX

## CARBOHYDRATES

Essential Nutrition & Dietary Reference Guide

GRAIN TYPE	FIBER CONTENT	KEY NUTRIENTS & BENEFITS
Quinoa	HIGH	Complete protein; contains all nine essential amino acids. Rich in magnesium and manganese.
Steel-Cut Oats	VERY HIGH	Contains beta-glucan; known for lowering cholesterol and stabilizing blood sugar levels.
Brown Rice	MEDIUM	High in selenium and manganese. Maintains the bran and germ layers for steady energy release.
Farro	HIGH	Ancient grain high in protein and iron. Excellent chewy texture for satiety.
Buckwheat	HIGH	Gluten-free pseudocereal. High in antioxidants like rutin which supports heart health.
Barley (Hulled)	VERY HIGH	Highest fiber content of all grains. Supports healthy digestion and gut microbiome.
Wild Rice	MEDIUM	Higher in protein than most white grains. Rich in B vitamins and phosphorus.

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Millet	MEDIUM	High in magnesium; helps improve insulin sensitivity and supports muscle function.

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