

WHOLE GRAIN BENEFITS

Grain Type	Key Nutrients	Health Benefit
Steel Cut Oats	Beta-glucan, Fiber, Iron	Stabilizes blood sugar and lowers LDL cholesterol.
Quinoa	Complete Protein, Magnesium	Supports muscle repair and sustained morning energy.
Whole Wheat	B-Vitamins, Selenium	Promotes metabolic health and cognitive function.
Buckwheat	Rutin, Antioxidants	Improves circulation and heart health.
Barley	Manganese, Fiber	Enhances digestion and provides long-term satiety.

Print Chart