

# Grain Nutrients



Brown Rice	Rich in manganese, but also contains selenium, copper, phosphorus and iron. Helps balance sugar and promotes gut health.
Quinoa	A complete protein source. Contain antioxidants as well as manganese, phosphorous, copper and iron.
Pearl Barely	High in fibre, supports and balances blood sugar. Contains selenium, manganese, phosphorus, iron, thiamine, niacin, and folic acid.
Bulgur Wheat	High in dietary fibre it supports digestion, heart health and blood sugar control. A source of manganese, iron and vitamin B6.
Millet	Lowers cholesterol, blood sugar, and cardiovascular risk; it also feeds beneficial gut bacteria, containing copper, niacin and iron.
Wheat	Provides antioxidants and fibre. Contains high levels of iron, phosphorus, manganese, magnesium and copper.
Oats	A source of gut-healthy beta-glucans. Contains high levels of thiamine, copper, iron, phosphorus and manganese.
Corn	Supports digestive, heart, and eye health. A source of vitamin B6, niacin and phosphorous.
Rye	Prebiotic and rich in fibre, manganese, phosphorus, magnesium, B vitamins, and phenolic compounds. Supports digestive health, cardiovascular function, blood sugar regulation.

