



Blog of the month – December 2016

10 reasons why you should eat more barley in 2017

December's here and that means it's time to think about the New Year and your resolution (s). Here's a good one for you: Eat more barley! Why? Check out these top 10 reasons for adding our favorite grain to your 2017 shopping list.

1. Barley's easy on the wallet. It's an economical choice for stretching soups, stews, casseroles and salads.
2. Barley offers whole grain goodness. The USDA 2010 Dietary Guidelines say we should eat at least three servings of whole grains every day. Barley is available in whole-grain form. For more information about whole grain barley and cooking instructions, visit www.barleyfoods.org.
3. Barley's great for your ticker. It's an excellent source of soluble fiber and has been shown to lower cholesterol and reduce risks for coronary heart disease.
4. Barley soluble fiber is also effective in preventing or managing type 2 diabetes because it helps the body maintain healthful blood sugar levels.
5. Barley helps keep you regular. Our favorite grain also contains insoluble fiber, which is proven to help the body maintain healthful bowel function.
6. It's great for all-day dining. Barley is available in several forms such as pearled berries, flakes and flour. So it makes a healthful addition to breakfast, lunch, dinner and snack offerings. Check out the Recipes section of www.barleyfoods.org for lots of yummy ideas.
7. It'll fill you up. Like other high-fiber foods, barley provides lots of volume for relatively few calories. Fiber-rich barley takes longer to digest and leaves you fuller longer. Translation? Less overeating!
8. It's a great slow cooker. Slow cooking continues to be a popular meal preparation option. Pearl barley makes an excellent ingredient for slow cooking because it retains its wonderful chewy texture after hours in the crockpot.
9. Barley plays well with others. As an ingredient, barley can't be beat. Its mild nutty flavor combines deliciously with a host of other foods.

10. It can handle a deep freeze. Pearl barley can be cooked ahead, stored in an airtight container and refrigerated for up to a week or frozen for up to six months before using. Tip: It's best to bring cooked and chilled/frozen barley back to room temperature before mixing with other ingredients.