

BARLEY NUTRITION

Antioxidants

Barley contains antioxidants, which are also important for maintaining good health. Specifically, antioxidants work to slow down the rate of oxidative damage by gathering up free radicals that form when body cells use oxygen.

For more information on barley health benefits and the importance of increasing fiber in your diet, visit the National Barley Foods Council website at www.barleyfoods.org.