

BARLEY NUTRITION

Cholesterol and fat

Like all plant foods, barley is naturally cholesterol-free and low in fat. A 1/2-cup serving of cooked pearl barley, a typical grain serving, contains less than 1/2 gram of fat and only 100 calories*

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.

*Source: USDA Nutrient Database for Standard Reference 13 (November 1999)