

## **BARLEY NUTRITION**

### ***Phytochemicals***

Barley contains phytochemicals, which are natural plant-based chemicals. Studies indicate that phytochemicals may decrease the risk for certain diseases such as heart disease, diabetes and cancer.

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](http://www.barleyfoods.org).