Did you know?

Wheat Berry

No, it’s not like blueberries or strawberries — but it is a fruit called a cereals. Eastern Europeans love to make Christmas porridge with it — they use it helps:

- Full of B vitamins
- Sweet, nutty flavor
- Excellent source of fiber
- Can be used in salads, cooked as a grain, or ground into flour

Did you know?

Quinoa

Gluten-free “superfood” filled with protein, essential amino acids, iron, zinc, and magnesium:

- 8g of protein per cup
- 5g of fiber per cup
- Great for people with gluten-intolerance
- Helps control blood sugar

Did you know?

Brown Rice

Whole, unrefined grain that nutritionally is superior to white/unpolished rice. Consider brown rice as a healthier, nutritionally beneficial alternative:

- Great for the heart
- Assists in cancer prevention
- One cup provides 80% of daily manganese needs
- Improves digestion