Grains

**Health Benefits**
- Energy Production
- Heart Disease Risk Reduction
- Improves Digestion
- Weight Management

**Nutrients**
- B Vitamins
- Copper
- Fiber
- Iron
- Magnesium
- Vitamin E
- Zinc

**Barley**
**Quinoa**
**Cornmeal**
**Buckwheat**

**Brown Rice**
**Popcorn**
**Oats**
**Wheat**

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**Food Sources**

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