



# Grains

## Health Benefits

Energy Production

Heart Disease Risk Reduction

Improves Digestion

Weight Management

## Nutrients

B Vitamins

Copper

Fiber

Iron

Magnesium

Vitamin E

Zinc

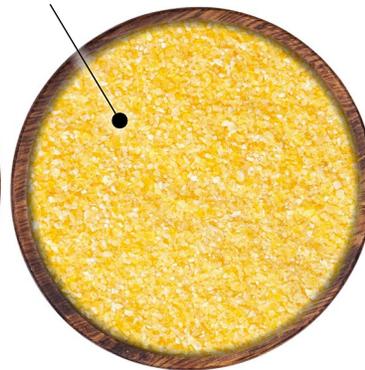
Barley



Quinoa



Cornmeal



Buckwheat



Brown Rice



Popcorn



Oats



Wheat

# Food Sources

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