

# Barley Nutrition Facts



One cup of hulled (whole grain) barley (184g) provides 651 calories, 135 grams of carbohydrates, 31.8 grams of fiber, 23 grams of protein, 2.3 grams of fat, and 14.8 grams of naturally-occurring sugars. Barley is an excellent source of selenium and a good source of manganese.

- Calories: 651
- Fat: 2.3g
- Carbohydrate: 135g
- Fiber: 31.8g
- Sugars: 14.8g
- Protein: 23g

# Barley Health Benefits

## Improves Fiber Intake

Barley is high in dietary fiber. Fiber can improve blood glucose, improve blood cholesterol, and reduce the risk of certain cancers.



## May Promote Disease Prevention

The phenolic acid profile and antioxidant capacity of barley may assist in preventing chronic diseases such as cardiovascular disease, diabetes, and cancer.



## May Help Support Thyroid Function

Barley is an excellent source of selenium, which is important for thyroid hormone synthesis and metabolism. Evidence suggests that low selenium levels in women may be associated with certain thyroid problems.



## May Reduce Inflammation

An increased intake of whole grain barley may promote healthy changes in the gut microbiota and improve systemic inflammation, which may be at the root of many chronic diseases.

