

Rye Nutrition Facts



One cup of whole grain rye (169g) provides 571 calories, 128 grams of carbohydrates, 26 grams of fiber, 17 grams of protein, 2.8 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: 571
- Fat: 2.8g
- Carbohydrate: 128g
- Fiber: 26g
- Sugars: 14.8g
- Protein: 17g

Rye Health Benefits

Helps You Stay Fuller Longer

Whole grain rye is high in soluble fiber, which can help you feel fuller longer. This can aid in weight loss.



May Aid Blood Sugar Control

Whole grain rye is high in soluble fiber, which helps slow the digestion and absorption of carbohydrates and sugars through the digestive tract, which leads to a more gradual rise in blood sugar levels.



Assists with Heart Health

Whole grain rye can boost levels of HDL cholesterol, which helps clean out the LDL cholesterol that can clog arteries and cause heart disease.



May Help Prevent Gallstones

Rye is high in fiber, which helps lower the risk of developing gallstones. Insoluble fiber helps food move quickly through the intestines and reduces bile acids that contribute to the development of gallstones.

