Health Benefits Of Different Cereal Grains

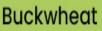




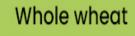
Rich in fiber and improve the water content of the stool, preventing constipation



Contains the goodness of magnesium, selenium, and vitamins B1 and B6









Gluten-free grain that helps curtail hypertension conditions Rich in dietary fiber, which helps reduce the risk of type 2 diabetes



Reduces bad cholesterol or LDL and increases good cholesterol or HDL



Packed with the goodness of folate and plant-based protein

References:

1.Oats; The President and Fellows of Harvard College

2.Rice; The President and Fellows of Harvard College

3.Buckwheat as a Functional Food and Its Effects on Health; American Chemical Society

4.The Contribution Of Wheat To Human Diet And Health; NCBI

Study Investigates Health Benefits of Barley; USDA

6.Quinoa; The President and Fellows of Harvard College



Source: https://www.momjunction.com/articles/best-and-worst-breakfast-cereal-for-kids_00386650/