



# Health Benefits Of Different Cereal Grains

## Oats



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

## Rice



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

## Buckwheat



Gluten-free grain that helps curtail hypertension conditions

## Whole wheat



Rich in dietary fiber, which helps reduce the risk of type 2 diabetes

## Barley



Reduces bad cholesterol or LDL and increases good cholesterol or HDL

## Quinoa



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
- 5.Study Investigates Health Benefits of Barley; USDA
- 6.Quinoa; The President and Fellows of Harvard College