

## *How Much Fiber is in Your Whole Grain?*

| <b>Grain</b> | <b>Percent Fiber</b> | <b>Fiber in 16g of this Grain</b> |
|--------------|----------------------|-----------------------------------|
| Amaranth     | 15.2%                | 2.4 grams                         |
| Barley       | 17.3%                | 2.8 grams                         |
| Brown rice   | 3.5%                 | 0.6 grams                         |
| Buckwheat    | 10.0%                | 1.6 grams                         |
| Bulgur wheat | 18.3%                | 2.9 grams                         |
| Corn         | 7.3%                 | 1.2 grams                         |
| Kamut® Grain | 19.2%                | 3.1 grams                         |
| Millet       | 8.5%                 | 1.4 grams                         |
| Oats         | 10.6%                | 1.7 grams                         |
| Quinoa       | 5.9%                 | 0.9 grams                         |
| Rye          | 14.6%                | 2.3 grams                         |
| Sorghum      | 9.0%                 | 1.4 grams                         |
| Triticale    | 14.6%                | 2.3 grams                         |
| Wheat        | 12.2%                | 2.0 grams                         |
| Wild Rice    | 6.2%                 | 1.0 grams                         |