

Whole Rrolled Grains

There's no need to struggle to know what grain to use for that new recipe. Though the variety of grains available can be confusing, this brochure is designed to help you select the right grain for the right job - with useful facts on several leading grain varieties and a chart to help understand how each is best used for successful culinary creations.



www.dutchvalleyfoods.com

7500DV110613

Barley

Great in soups, casseroles, pilafs, or ground for flatbread, barley is considered to be an excellent ingredient for providing soluble fiber, which helps to reduce cholesterol in the blood. It is also rich in niacin and iron. Barley contains gluten, the substance in some grains that gives dough (made from the grain) its elasticity and helps bread to rise properly. Although the level of gluten in barley is much lower than that of wheat, it is still unsafe for gluten intolerant individuals to consume barley.

Contains Gluten

Information from:
<http://wholegrainscouncil.org/whole-grains-101/barley-february-grain-of-the-month>



Nutritional Profile:

163	Calories	5.5mg	Sodium
1g	Total Fat	33.75g	Carbs
.25g	Saturated Fat	8g	Dietary Fiber
0mg	Cholesterol	5.75g	Protein

BASED ON 1/4 CUP DRY GRAIN
Grain Nutritional Facts
<http://www.recipeitips.com/kitchen-tips/t--1011/grain-nutritional-facts.asp>

Buckwheat

Buckwheat is a rich source of the amino acid, lysine. It contains high levels of protein, calcium, magnesium, phosphorous, B vitamins and iron. Because it contains no gluten, buckwheat can be added as a substitute for wheat in baking. Buckwheat is also an excellent addition to pilafs.

Information from:
<http://wholegrainscouncil.org/whole-grains-101/buckwheat-december-grain-of-the-month>



Nutritional Profile:

146	Calories	.5mg	Sodium
1.5g	Total Fat	30.5g	Carbs
.25g	Saturated Fat	4.25g	Dietary Fiber
0mg	Cholesterol	5.75g	Protein

BASED ON 1/4 CUP DRY GRAIN
Grain Nutritional Facts
<http://www.recipeitips.com/kitchen-tips/t--1011/grain-nutritional-facts.asp>

Flaxseed

Flaxseed is one of the best sources of omega-3 fatty acids, which are beneficial in reducing cholesterol and lowering the risk of stroke and heart disease. The seeds contain soluble fiber, which also helps in reducing cholesterol levels. About one-third of the fiber in flaxseed is soluble and two-thirds is insoluble, which is an important component in aiding digestion. Flaxseed is the best source of lignin, which may play a role in fighting certain types of cancer.

Information from:
<http://www.webmd.com/diet/features/benefits-of-flaxseed>



Nutritional Profile:

224	Calories	12.5mg	Sodium
17.75g	Total Fat	12.25g	Carbs
1.5g	Saturated Fat	11.5g	Dietary Fiber
0mg	Cholesterol	7.75g	Protein

BASED ON 1/4 CUP DRY GRAIN
Grain Nutritional Facts
<http://www.recipeitips.com/kitchen-tips/t--1011/grain-nutritional-facts.asp>

Corn

Corn is a whole grain containing high levels of Vitamin A, B and C. Yellow corn in particular is also high in two nutrients - antioxidants and carotenoids. Carotenoids, such as lutein and zeaxanthin, are associated with eye health. As corn is the most produced grain in the world and it is also gluten-free, it is a key ingredient in many gluten-free foods.



Information from:
<http://wholegrainscouncil.org/whole-grains-101/corn-october-grain-of-the-month>

Corn Meal Guide

Nutritional Profile:

152	Calories	14.5mg	Sodium
2g	Total Fat	30.75g	Carbs
.25g	Saturated Fat	3g	Dietary Fiber
0mg	Cholesterol	4g	Protein

BASED ON 1/4 CUP DRY GRAIN
 Grain Nutritional Facts
<http://www.recipe-tips.com/kitchen-tips/t--1011/grain-nutritional-facts.asp>

Product #	Corn Meal Description	Corn Color	Grind	* Roasted	Non-GMO	Certified Organic	Cooked Cereals Mush & Scrapple	Muffins & Corn Bread	Multi-grain Bread English Muffins	Grits & Polenta	Soak/Boil Hominy	Whole Grain
BOB'S RED MILL												
153-090	G/F Corn Meal	Y	fine				*	*	*			yes
153-095	G/F Corn Grits/Polenta	Y	coarse							*		
153-097	G/F Corn Flour	Y	v.fine				*	*	*			yes
153-270	G/F Corn Starch	Y										
153-500	Corn Flour-Org.	Y	fine	none	yes	yes	*	*				yes
153-502	Med.Corn Meal-Org.	Y	med.	none	yes	yes	*	*	*			yes
153-505	Corn Grits-Org.	Y	coarse	none	yes	yes			*	*		
153-750	Corn Grits	Y	coarse	none	yes				*	*		
BUNGE MILLING												
160-010	White Corn Meal	W	med.	none			*	*	*	*		
AGRICOR												
160-015	Yellow Corn-Coarse	Y	coarse	none					*	*		
160-017	Yellow Corn-Fine	Y	med/fine	none			*	*	*			
BULK FOODS, INC.												
160-020 160-023	Yellow Corn-Light	Y	fine	light	yes		*	*	*			yes
160-028 160-033	Yellow Corn-Reg.	Y	fine	golden	yes		*	*	*			yes
160-043	Yellow Corn Flour	Y	v.fine	light	yes		*	*	*			yes
WASHINGTON QUALITY, BRINSER'S BEST												
160-002	Yellow Corn Meal	Y	fine	golden			*	*	*			yes
160-050	Yellow Corn Meal	Y	fine	golden	yes		*	*	*			yes
BUNGE MILLING												
424-112	White Hominy #6	W	x large	none			if ground			if ground	*	
GILSTER-MARY LEE												
424-118	White Hominy-Grits	W	coarse	none					*	*		

*Roasting is an old Pennsylvania German process that gives corn a richer flavor and stabilizes the enzymatic action, naturally preserving the nutrients.

Millet

Millet is easily digestible, high in antioxidant activity, and can help in the control of blood sugar and cholesterol. This whole grain is high in magnesium and iron.



Information from:
<http://wholegrainscouncil.org/whole-grains-101/teff-and-millet-november-grains-of-the-month>

Nutritional Profile:

189	Calories	2.5mg	Sodium
2g	Total Fat	36.5g	Carbs
2.5g	Saturated Fat	4.25g	Dietary Fiber
0mg	Cholesterol	5.5g	Protein

BASED ON 1/4 CUP DRY GRAIN
Grain Nutritional Facts
<http://www.recipe-tips.com/kitchen-tips/t-1011/grain-nutritional-facts.asp>

Quinoa

Recently rediscovered, this whole grain was the main grain of the Incan empire. It is the highest in potassium, which helps control blood sugar. This grain makes you feel fuller longer, and is more nutritious for gluten free diets. It is also a complete protein, with a high protein to carbohydrate ratio based on the germ making up 60% of the grain. Studies show quinoa is a good source of antioxidants and vitamin E, has excellent nutritional properties with a high protein content, and has great amino acid balance.



Information from:
<http://wholegrainscouncil.org/whole-grains-101/quinoa-march-grain-of-the-month>

Nutritional Profile:

159	Calories	9mg	Sodium
2.5g	Total Fat	29.25g	Carbs
.25g	Saturated Fat	2.5g	Dietary Fiber
0mg	Cholesterol	5.5g	Protein

BASED ON 1/4 CUP DRY GRAIN
Grain Nutritional Facts
<http://www.recipe-tips.com/kitchen-tips/t-1011/grain-nutritional-facts.asp>

Farro (Emmer)

Another strain of wheat, called farro or emmer, is one of the oldest forms of wheat. Used in ancient times, farro has twice the fiber and protein of modern wheat and is similar to wheat in terms of health benefits including lowering cholesterol, maintaining blood sugar levels, and stimulating the immune system. Farro also contains antioxidants, phytonutrients, lignans, and betaine.



Information from:
<http://wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z>

Nutritional Profile:

200	Calories	0mg	Sodium
1.5g	Total Fat	37g	Carbs
0g	Saturated Fat	7g	Dietary Fiber
0mg	Cholesterol	7g	Protein

BASED ON 1/4 CUP DRY GRAIN

Oats

One of the best whole grains is oats, due to nutrient benefits which help to lower cholesterol, blood pressure, and heart disease, in addition to helping to control weight. They are higher in protein and healthy fats, and lower in carbohydrates than most whole grains. They contain 20 polyphenols called avenanthramides, which provide antioxidant, anti-inflammatory, and anti-itch activities. Their soluble fiber helps to control blood sugar, and they have beta-glucans which can aid the body's endurance through chemotherapy and other nuclear therapies, as they are thought to be radioprotective. Introduction to children early in life can help reduce asthma.

May Contain Gluten

Information from:
<http://wholegrainscouncil.org/whole-grains-101/oats-january-grain-of-the-month>



Nutritional Profile:

152	Calories	.75mg	Sodium
2.75g	Total Fat	25.75g	Carbs
.5g	Saturated Fat	4.25g	Dietary Fiber
0mg	Cholesterol	6.5g	Protein

BASED ON 1/4 CUP DRY GRAIN
Grain Nutritional Facts
<http://www.recipe-tips.com/kitchen-tips/t--1011/grain-nutritional-facts.asp>

White Rice

White rice has had the husk, bran, and germ removed (polished), which allows it to cook rapidly. This makes it the most popular rice variety, but it is also the least nutritious due to the removal of the bran and germ. White rice is often enriched with nutrients, such as iron, niacin, thiamin and riboflavin to restore some of the lost nutritional value. Flour milled from rice contains no gluten, so it is an excellent choice for people who are gluten intolerant. Rice is also available in many varieties that retain the bran and germ, making them more nutritious. These include brown rice, red rice, black rice and brown basmati, to name a few.

For more Information:
<http://wholegrainscouncil.org/whole-grains-101/rice-and-wild-rice-september-grains-of-the-month>



Nutritional Profile:

171	Calories	3.25mg	Sodium
1.25g	Total Fat	35.75g	Carbs
.25g	Saturated Fat	1.5g	Dietary Fiber
0mg	Cholesterol	3.75g	Protein

BASED ON 1/4 CUP DRY GRAIN
Grain Nutritional Facts
<http://www.recipe-tips.com/kitchen-tips/t--1011/grain-nutritional-facts.asp>

Wild Rice

Wild rice is slightly higher in protein than most other whole grains, and is a good source of fiber, folate, magnesium, phosphorus, manganese, zinc, Vitamin B6, and niacin. There are very few studies on wild rice, though the ones that do exist show tantalizing promise. One study determined wild rice is high in antioxidants, while other studies showed it to be effective in lowering cholesterol and other lipids.

Information from:
<http://wholegrainscouncil.org/whole-grains-101/wild-rice-september-grain-of-the-month>



Nutritional Profile:

146	Calories	.5mg	Sodium
1.5g	Total Fat	30.5g	Carbs
.25g	Saturated Fat	4.25g	Dietary Fiber
0mg	Cholesterol	5.75g	Protein

BASED ON 1/4 CUP DRY GRAIN
Grain Nutritional Facts
<http://www.recipe-tips.com/kitchen-tips/t--1011/grain-nutritional-facts.asp>

Rye

A rich whole grain, rye is a versatile source of dietary fiber. It has arabinoxylan, which is a fiber source also known for its high antioxidant activity. Other compounds rye contains are phenolic acids, lignans and alkylresorcinols, to name a few of the many. Similar to other grains, rye's benefits include improved bowel health, aid in controlling blood sugar levels and weight management.

Contains Gluten



Information from:
<http://wholegrainscouncil.org/whole-grains-101/rye-triticale-august-grains-of-the-month>

Nutritional Profile:

142	Calories	2.5mg	Sodium
1g	Total Fat	29.5g	Carbs
0g	Saturated Fat	6.25g	Dietary Fiber
0mg	Cholesterol	6.25g	Protein

BASED ON 1/4 CUP DRY GRAIN
Grain Nutritional Facts
<http://www.recipe-tips.com/kitchen-tips/t--1011/grain-nutritional-facts.asp>

Sorghum

Sorghum is gluten-free and is used by many people who have celiac disease. This whole grain is similar to others in terms of its nutritional benefits, and since it has an edible hull it can be eaten with all outer layers, thus retaining most of its nutrients. Grown from traditional hybrid seeds, it is a non-GMO grain source. Sorghum grains have a naturally produced wax surrounding them, which contains compounds called policosanols, which may have a positive impact on human cardiac health.



Information from:
<http://wholegrainscouncil.org/whole-grains-101/health-benefits-of-sorghum>

Nutritional Profile:

163	Calories	3mg	Sodium
1.5g	Total Fat	33.75g	Carbs
.25g	Saturated Fat	3g	Dietary Fiber
0mg	Cholesterol	5.5g	Protein

BASED ON 1/4 CUP DRY GRAIN
Grain Nutritional Facts
<http://www.recipe-tips.com/kitchen-tips/t--1011/grain-nutritional-facts.asp>

Spelt

Spelt is a species of wheat rich in vitamin B and fiber. Other nutrients found in spelt include iron, magnesium, niacin, thiamin, and phosphorus.

Contains Gluten



Information from:
<http://wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z>

Nutritional Profile:

140	Calories	0mg	Sodium
1g	Total Fat	31g	Carbs
.25g	Saturated Fat	3g	Dietary Fiber
0mg	Cholesterol	6g	Protein

BASED ON 1/4 CUP DRY GRAIN
Grain Nutritional Facts
<http://www.recipe-tips.com/kitchen-tips/t--1011/grain-nutritional-facts.asp>

Kamut®

Kamut® is a species of wheat which has a higher level of protein and vitamin E than wheat. This whole grain is also a great source of selenium, an antioxidant mineral that helps to maintain a healthy immune system and is thought to guard against cancer.



For more information, please visit : <http://wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z> and <http://www.lesliebeck.com/ingredients/kamut>

Nutritional Profile:

160	Calories	0mg	Sodium
1g	Total Fat	32g	Carbs
0g	Saturated Fat	4g	Dietary Fiber
0mg	Cholesterol	7g	Protein

BASED ON 1/4 CUP DRY GRAIN

Amaranth

This whole grain is high in iron, magnesium, phosphorus and potassium and has three times more than the average calcium content. This grain is known as a protein powerhouse and is good for your heart. Research studies over 14 years indicate that amaranth has cholesterol lowering properties.

Gluten Free



Information from: <http://wholegrainscouncil.org/whole-grains-101/amaranth-may-grain-of-the-month-0>

Nutritional Profile:

182	Calories	10.5mg	Sodium
3.25g	Total Fat	32.25g	Carbs
.75g	Saturated Fat	4.5g	Dietary Fiber
0mg	Cholesterol	7g	Protein

BASED ON 1/4 CUP DRY GRAIN

Grain Nutritional Facts
<http://www.recipe-tips.com/kitchen-tips/t-1011/grain-nutritional-facts.asp>

Teff Grain

One cooked cup of this whole grain has 123mg of calcium. Teff is too small to be processed, so all of the health benefits stay in the grain. The grain is also known to be resistant to starch. This is a benefit for weight control, blood sugar management, and colon health.



Nutritional Profile:

160	Calories	10mg	Sodium
1g	Total Fat	33g	Carbs
0g	Saturated Fat	6g	Dietary Fiber
0mg	Cholesterol	6g	Protein

BASED ON 1/4 CUP DRY GRAIN

Grain Nutritional Facts
<http://www.recipe-tips.com/kitchen-tips/t-1011/grain-nutritional-facts.asp>

Wheat

Among the nutrients present in whole wheat are high levels of protein, fiber, iron, B vitamins, thiamin, niacin, magnesium, phosphorus and zinc. Studies have shown that the insoluble fiber in wheat bran may help fight colon cancer and at the very least is beneficial for digestion. Whole wheat has a multitude of health benefits.

Contains Gluten



Nutritional Profile:

158	Calories	1mg	Sodium
1g	Total Fat	32.75g	Carbs
.25g	Saturated Fat	5.75g	Dietary Fiber
0mg	Cholesterol	7.5g	Protein

BASED ON 1/4 CUP DRY GRAIN
 Grain Nutritional Facts
<http://www.recipe-tips.com/kitchen-tips/t--1011/grain-nutritional-facts.asp>

For more information, please visit :
<http://wholegrainscouncil.org/whole-grains-101/wheat-july-grain-of-the-month>

Guide to Grains

Product	Grain Description	% Protein	Pilafs & Side Dishes	1 Fast Cook	For Making Flour	2 Yeast Breads	Pie & Pastry	Cooked Cereals	Non-GMO	Certified Organic	Whole, Rolled or Cracked	Gluten Free
BOB'S RED MILL												
153-001	5-Grain Rolled Cereal	14.30%		**		add		*	yes		Rolled	
153-003	7-Grain Cereal	14.70%		*		add		*	yes		Cracked	
153-005	8-Grain Cereal(wheatless)	10%		*		add		*	yes		Cracked	
153-007	10-Grain Cereal	15%		*		add		*	yes		Cracked	
153-085	G/F Quick Cooking Oats	15%		*		add		*			Rolled	yes
153-086	G/F Rolled Oats	15%				add		*			Rolled	yes
153-088	G/F Oat Bran	12%				add	add	*			Ground	yes
153-112	G/F Flaxseed Meal Brown	23%			add	add	add	*			Ground	yes
153-430	Cracked Wheat-Org.	12.50%		*		add		*	yes	yes	Cracked	
153-436	Organic Farro Grain	13%	*		yes	yes		*	yes	yes	Whole	
153-438	Organic Kamut Grain	15%	*		yes	yes		*	yes	yes	Whole	
153-541	Organic Spelt Grain	13%	*		yes	yes	yes	*	yes	yes	Whole	
153-550	Rolled Oats,Quick-Org.	25%		**		add		*	yes	yes	Rolled	
153-560	Rolled Oat,Reg.-Org.	17.10%		*		add		*	yes	yes	Rolled	
153-570	Scottish Oatmeal -Org.	17%	*		yes	yes		*	yes	yes	Steel cut	
153-575	Oats, Steel Cut-Org.	15%	*	**		add		*	yes	yes	Steel Cracked	
153-600	Organic 6-Grain Cereal	15%		*		add		*	yes	yes	Cracked	
153-620	Organic Amaranth Grain	15%	*	*	yes	add		*	yes	yes	Whole	
153-630	G/F Flaxseed Meal, Br.- Org.	15%	*	*	yes	add		*	yes	yes	Whole	yes
153-649	Flaxseed, Brown-Org.	18.80%	add		add	add		add	yes	yes	Whole	yes
153-650	G/F Flaxseed Meal, Br.- Org.	23%	add		yes	add		add		yes	Ground	yes
153-654	Flaxseed, Gold-Org.	18.80%	add		add	add		add	yes	yes	Whole	yes

1 Fast Cooking: 10 minutes or less ** 20 minutes or less
 2 Yeast Breads: The word "add" in this category denotes the product's usefulness as an added ingredient, but not the primary ingredient.

Guide to Grains

Product	Grain Description	% Protein	Pilafs & Side Dishes	1 Fast Cook	For Making Flour	2 Yeast Breads	Pie & Pastry	Cooked Cereals	Non-GMO	Certified Organic	Whole, Rolled or Cracked	Gluten Free
153-661	Brown Rice Farina-Org.	7.40%		*		add		*	yes	yes	Cracked-fine	yes
153-723	Chia Seeds	23%	*	*	add	add		*	yes		Whole	
153-725	Millet Grain	12%	*	*	add	add	add	*	yes		Whole	
153-729	Raw Wheat Germ	27%			add	add		*	yes			
153-733	Wheat Bran	13%			add	add	add	add	yes			
153-735	Bulgur Wheat Hard Red	12.50%	*	*		add		*	yes		Cracked	
153-760	Sorghum Grain	9%	*		add	add	add	*	yes		Whole	
153-770	Teff Grain	14%	*		add	add	add	*	yes		Whole	
154-005	G/F Amaranth Grain- Org.	15%	*	*	add	add	add	*	yes		Whole	yes
WHEAT MONTANA												
155-001	Organic Prairie Gold Kernel	10%	*		yes	yes	add	*	yes		Whole	
155-003	Organic Prairie Gold Kernel	10%	*		yes	yes	add	*	yes		Whole	
155-006	Org. Bronze Chief Kernels	13%	yes		yes	yes	add	*	yes		Whole	
155-008	Org. Bronze Chief Kernels	13%	yes		yes	yes	add	*	yes		Whole	
155-009	Prairie Gold (86) Kernels	16%	yes		yes	yes	add	*	yes		Whole	
155-010	Prairie Gold (86) Kernels	16%	yes		yes	yes	add	*	yes		Whole	
155-014	Bronze Chief Kernels	16.70%	if soaked		yes	yes	add		yes		Whole	
155-015	Bronze Chief Kernels	16.70%	if soaked		yes	yes	add		yes		Whole	
155-018	Soft White Wheat Kernels	11%	if soaked		yes	add	yes		yes		Whole	
155-019	Hard Red Winter Wheat	11.20%	if soaked		yes	yes	add		yes		Whole	
155-022	Rye Berries	15%	if soaked		yes	add	add		yes		Whole	
155-025	Spelt Berries	14.30%	if soaked		yes	yes	yes		yes		Whole	
155-040	7-Grain Mix (whole)		if soaked		yes				yes		Whole	
155-045	7-Grain Mix (rolled/flake)								yes		Rolled/Flake	
155-047	9-Grain Mix (cracked)								yes		Cracked	
158-510	Prairie Gold Wheat Berries		yes						yes			
158-514	Bronze Chief Wheat Berries		yes						yes			
MISCELLANEOUS SUPPLIERS												
155-020	Millet (food grade)	11%	yes	**	yes	add	add	add			Whole	
155-027	Quinoa	8.90%	yes	*	yes	add	add	add			Whole	
156-030	Baker's Wheat Bran	15.60%				add	add	add	yes		Flakes	
156-047	Raw Wheat Germ	25%		*		add	add	add			Flakes	
156-056	Toasted Wheat Germ	29.20%		**		add	add	add			Flakes	
156-080	Wheat Gluten	77.50%				add					Powder	
159-299	Cracked Wheat-Coarse	14%		*		add		*	yes		Cracked	
159-350	Bulgur Wheat	10.30%	yes	*		add		*			Cracked	
234-100	Lecithin Powder	0				add	add				Powder	

1 Fast Cooking: 10 minutes or less ** 20 minutes or less

2 Yeast Breads: The word "add" in this category denotes the product's usefulness as an added ingredient, but not the primary ingredient.

Guide to Grains

Product	Grain Description	% Protein	Pilafs & Side Dishes	1 Fast Cook	For Making Flour	2 Yeast Breads	Pie & Pastry	Cooked Cereals	Non-GMO	Certified Organic	Whole, Rolled or Cracked	Gluten Free
234-103	Lecithin Granules	0				add	add				Granules	
ROLLED GRAINS AND OATS												
159-600	Barley Flakes (hulled)	9.90%	yes	*		add	add	*			Rolled	
159-615	Wheat Flakes (rolled)	10.60%	yes	*		add	add	*			Rolled	
384-092	Quick Oats	16%		**		add	add	*			Rolled	
384-093	Organic Quick Oats	16%		**		add	add	*	yes	yes	Rolled	
384-095	Thick Rolled Oats #4	16%		*		add	add	*			Rolled	
384-097	Regular Rolled Oats #5	16%		**		add	add	*			Rolled	
384-099	Organic Rolled Oats #5	16%		**		add	add	*	yes	yes	Rolled	
384-102	Baby Flake Oats	16%		**		add	add	*			Rolled	
384-105	Oat Groats (whole)	16%	yes	*	yes	add	add				Whole	
384-107	Oat Groats (steel cut)	16%	yes	*	yes	add	add	*			Steel Cut	
384-117	Oat Bran	16%		**		add	add	*			Powder	
384-120	Oat Bran-Fine	16%		**		add	add	*			Powder	
SPECIALTY RICE												
403-203	Jasmine Rice-White	6.70%	yes	*	yes	add	add				Whole	
403-205	Red Rice	6%	yes		yes	add	add				Whole	
403-208	Sweet Black Thai Rice	8%	yes		yes	add	add				Whole	
403-209	White Basmati Rice	8.90%	yes	*	yes	add	add				Whole	
403-211	White Basmati Rice-Org.	8.40%	yes	*	yes	add	add		yes	yes	Whole	
403-212	Brown Basmati Rice	8.90%	yes		yes	add	add				Whole	
403-213	Brown Basmati Rice-Org.	6.30%	yes		yes	add	add			yes	Whole	
403-301	Long Grain Brown-Org.	8.90%	yes		yes	add	add			yes	Whole	
403-306	Medium Grain White-Org.	6.70%	yes	*	yes	add	add			yes	Whole	
403-401	Himalayan Grain Bld.-Org.	6.70%	yes		yes	add	add			yes	Whole	
404-102	Long Grain Brown Rice	8.10%	yes		yes	add	add				Whole	
404-117	Long Grain White Rice	6.70%	yes	*	yes	add	add				Whole	
404-127	Medium Grain White Rice	6.40%	yes	*	yes	add	add				Whole	
404-150	Parboiled White Rice	8.60%	yes	*	yes	add	add				Whole	
405-705	Wild Rice	10.50%	yes		yes	add	add				Whole	
405-715	White & Wild Rice	6.70%	yes		yes	add	add				Whole	
405-805	Brown & Wild Rice	8.90%	yes		yes	add	add				Whole	
405-828	Exotic Rice Blend	11.20%	yes		yes	add	add				Whole	
408-098	White Rice (Minute)	7.10%	yes	**	yes	add	add	*			Whole	
409-318	Couscous-Medium	12.90%	yes	**							Granules	
409-325	Couscous, Whole Wheat	12.90%	yes	**							Granules	

1 Fast Cooking: 10 minutes or less ** 20 minutes or less

2 Yeast Breads: The word "add" in this category denotes the product's usefulness as an added ingredient, but not the primary ingredient.