

Things I like to eat:

Barley



Barley is a very healthy grain. You can use it as a side dish instead of couscous or white pasta. It is cheap, edible warm or cold and easily added to a variety of dishes. I use barley in my soups and some sauces. It is also a great alternative to white rice dishes such as pilaf or risotto. It's rich in vitamins, minerals and other beneficial plant compounds. It's also high in fiber, which is responsible for most of its health benefits, ranging from a better digestion to reduced hunger and weight loss. I did not know until now that barley is one of the most widely consumed grains in the American diet. Probably because it is a malt source for alcoholic beverages, especially in the beer industry. It is also used in bread, soups, stews, and health products since the barley grain is rich in several health-boosting components. It's available in many forms, ranging from hulled barley to barley grits, flakes and flour. Barley may reduce hunger and promote feelings of fullness — both of which may lead to weight loss over time. Barley lessens hunger largely through its high fiber content. A soluble fiber known as beta-glucan is particularly helpful. This type of insoluble fiber may prevent the formation of gallstones, helping your gallbladder function normally and reducing your risk of surgery. Whole-grain barley may help improve insulin production and reduce blood sugar levels, both of which may reduce the likelihood of type 2 diabetes. To reap the most benefits have less of the processed types (pearled barley) and stick to whole-grain varieties like hulled barley or barley grits, flakes and flour. However, the beta glucans are found in the main part of the kernel (endosperm), so pearled barley is still a healthy choice (site). (Read more here)