

ALTERNATIVE GRAIN	DESCRIPTION	NUTRITIONAL VALUES	WHAT IS IT GOOD FOR?	ORGRAN PRODUCTS
<b>Corn (Maize)</b>	Corn is a cereal grain domesticated in Mesoamerica and subsequently spread throughout the American continents. Corn or maize is one of the most popular cereals in the world. Corn forms the staple food of numerous people in different countries.	<ul style="list-style-type: none"> <li>Rich in fibre, folate, phosphorus, magnesium, manganese, zinc, copper, iron and selenium.</li> <li>It also has small amounts of potassium. • Vitamin B (Thiamin, Vitamin B6, Niacin, Riboflavin, Folate).</li> <li>It has traces of Vitamin A and Vitamin E.</li> </ul>	<p>May help:</p> <ul style="list-style-type: none"> <li>the generation of new cells - especially important before and during pregnancy.</li> <li>lower cholesterol levels and help reduce the risk of colon cancer.</li> <li>lower blood sugar levels in diabetics.</li> <li>skin care, boosting nervous system and digestion</li> </ul>	<ul style="list-style-type: none"> <li>Orgran Corn Pasta: Spirals; Vegetable Shells; Vegetable Spirals</li> <li>Orgran Corn Crispibites: Original; Balsamic Herbs; Onion &amp; Chive</li> <li>Orgran Corn Crispbread: Original; Salsa</li> <li>Orgran Rice &amp; Corn Pasta: Spirals; Penne; Macaroni; Tortelli; Vegetable Corkscrew; Noodles; Lasagna; Herb; Farm Animals; Vegetable Spirals</li> </ul>
<b>Rice</b>	The origin of rice culture has been traced to India in about 3000 BCE. Rice is a staple for a large part of the world's human population, especially in tropical Latin America, and East, South and Southeast Asia, making it the second most consumed cereal grain.	<ul style="list-style-type: none"> <li>Low sodium content</li> <li>Cholesterol free</li> <li>Contains useful quantities of potassium, the B vitamins, thiamin and niacin</li> <li>Good source of proteins, phosphorus, iron and zinc</li> <li>Is a complex carbohydrate, which means that it contains starch and fibre</li> </ul>	<ul style="list-style-type: none"> <li>Complex carbohydrates are digested slowly, allowing the body to utilize the energy released over a longer period which is nutritionally efficient.</li> <li>Great for energy and easily digested</li> <li>Antioxidant protection, contains anti-cancer properties and may also protect against heart disease.</li> </ul>	<ul style="list-style-type: none"> <li>Rice Crispbread: Original; Cracked Pepper; Garden Herb</li> <li>Orgran Rice Pasta: Spirals; Garlic &amp; Parsley Shells</li> <li>Orgran Rice &amp; Corn Pasta: Spirals; Penne; Macaroni: Tortelli; Vegetable Corkscrew; Noodles; Lasagna; Herb; Farm Animals;</li> <li>Orgran Vegetable Rice Pasta: Spirals; Penne</li> <li>Orgran Coating &amp; Stuffing Mix</li> <li>Orgran All Purpose Crumbs</li> </ul>
<b>Buckwheat</b>	Buckwheat is rated highly on the list of curative plants. Although commonly thought of as a grain, buckwheat actually comes from a herb plant. It was first grown thousands of years ago in China and Japan. Buckwheat protein is considered the best known source of high biological protein in the plant kingdom.	<p>Provides</p> <ul style="list-style-type: none"> <li>vitamins B1 and B2</li> <li>potassium</li> <li>magnesium</li> <li>phosphate</li> <li>iron</li> </ul> <p>Contains the bioflavonoid (Vitamin P):</p> <ul style="list-style-type: none"> <li>rutin</li> </ul>	<p>Rutin, a bioflavonid, has been known to have a power effect on:</p> <ul style="list-style-type: none"> <li>reducing cholesterol</li> <li>lowering blood pressure</li> <li>maintaining the strength and flexibility of capillaries</li> <li>assisting with varicose veins</li> <li>reducing the risk of hardening of arteries</li> <li>reducing LDL (bad) cholesterol</li> <li>discouraging obesity</li> <li>assisting with blood sugar control, therefore reducing the risk of diabetes</li> <li>helping prevent gallstones</li> </ul>	<ul style="list-style-type: none"> <li>Orgran Buckwheat Spirals</li> <li>Orgran Buckwheat Pancake Mix</li> </ul>
<b>Yellow Pea</b>	Split peas are the dried, peeled and split seeds of Pisum sativum. It is native to southern Europe, parts of Asia, and North Africa.	<p>An excellent source for:</p> <ul style="list-style-type: none"> <li>B complex vitamins</li> <li>vitamin C</li> <li>vitamin A</li> <li>lutein</li> </ul>	<p>May help:</p> <ul style="list-style-type: none"> <li>lower cholesterol</li> <li>manage blood-sugar disorders since the high fibre content prevents blood sugar levels from rising rapidly after a meal</li> </ul>	<ul style="list-style-type: none"> <li>Orgran Alternative Grain Spaghetti with Tomato &amp; Basil</li> <li>Orgran Canned Spaghetti in Tomato Sauce</li> <li>Orgran Falafel Mix</li> <li>Orgran Pasta Flour Mix</li> <li>Orgran All Purpose Pastry Mix</li> <li>Orgran Muffin Mixes: chocolate; lemon poppyseed</li> <li>Orgran Biscotti: Classic Choc; Amaretti</li> <li>Orgran Classic Choc Cookie</li> <li>Orgran Outback Animals: chocolate; vanilla; mini's (chocolate)</li> </ul>
<b>Sorghum</b>	Sorghum is a genus of numerous species of grasses. Most cultivated varieties of sorghum can be traced back to Africa, where they grow on savanna lands. In ancient times sorghum was also grown in India.	<p>Contains:</p> <ul style="list-style-type: none"> <li>high levels of protein</li> <li>calcium</li> <li>iron</li> <li>vitamin B</li> <li>nicotinic acid</li> <li>Is a rich source of micronutrients (minerals and vitamins)</li> <li>macronutrients (carbohydrates, proteins and fat).</li> </ul>	<ul style="list-style-type: none"> <li>Contains a waxy compound called a polycosinol, which may lower serum cholesterol.</li> <li>Contains antioxidant compounds which may help protect against cell damage from oxygen-free radicals, a major cause of disease and aging</li> </ul>	<ul style="list-style-type: none"> <li>Orgran Pancake Mix with Sorghum</li> <li>Orgran Multigrain Bread Mix</li> </ul>
<b>Rice Bran</b>	Rice bran is an important nutritional component of rice and has been eaten as part of the rice kernel for thousands of years. Rice bran has many uses, particularly in Japan, where it is known as nuka.	<ul style="list-style-type: none"> <li>One of the richest sources of vitamins, minerals and antioxidants found in nature.</li> <li>Possesses an abundance of insoluble fibre, the most important component of "whole grain foods".</li> </ul> <p>Contains:</p> <ul style="list-style-type: none"> <li>High levels of Vitamin B</li> <li>More than 70 Antioxidants &amp; Co-factors</li> <li>Vitamin E complex with complete Tocotrienol &amp; Tocopherol profile</li> </ul>	<p>Has shown potential in alleviating the symptoms of:</p> <ul style="list-style-type: none"> <li>high cholesterol</li> <li>high blood pressure</li> <li>intestinal cancer</li> <li>HIV/AIDS</li> <li>arthritis</li> <li>peripheral neuropathy</li> <li>cardiovascular disease</li> </ul> <p>Reduces the risk of type 2 diabetes Its filling fibre content can also aid in the fight against obesity</p>	<ul style="list-style-type: none"> <li>Orgran All Purpose Pastry Mix</li> <li>Orgran Pasta Range (Rice Bran is naturally present in brown rice, which forms the basis of many Orgran Pastas)</li> <li>Orgran Outback Animals: vanilla; chocolate; mini's (chocolate)</li> </ul>
<b>Psyllium</b>	Psyllium or Ispaghula is the common name used for several members of the plant genus Plantago, with origins dating back thousands of years to India.	<p>Is a great source of:</p> <ul style="list-style-type: none"> <li>fibre</li> <li>calcium</li> <li>iron</li> <li>magnesium</li> <li>phosphorus</li> <li>potassium</li> <li>selenium</li> <li>silica</li> <li>sodium</li> <li>sulphur</li> <li>zinc</li> </ul>	<p>May help conditions such as:</p> <ul style="list-style-type: none"> <li>high cholesterol</li> <li>constipation</li> <li>diarrhoea</li> <li>hyperglycemia</li> </ul> <p>It may also relieve:</p> <ul style="list-style-type: none"> <li>irritable bowel syndrome</li> <li>diverticulitis</li> <li>mucus colitis</li> <li>cystitis</li> <li>gastrointestinal ulcers.</li> </ul>	<ul style="list-style-type: none"> <li>Orgran Outback Animals; chocolate; vanilla; mini's (chocolate)</li> <li>Orgran Multigrain Bread Mix</li> </ul>
<b>Millet</b>	It has been said Millet was of greater prevalence in prehistory than rice especially in northern China and Korea. It has also been said that it was first used in Cishan in China around 6000BC. Unlike most other cereals, Millet is an alkaline grain.	<p>A good source of:</p> <ul style="list-style-type: none"> <li>manganese</li> <li>phosphorus</li> <li>magnesium</li> <li>laetrile (Vit. B17)</li> </ul>	<p>May help:</p> <ul style="list-style-type: none"> <li>reduce the affects of migraines and heart attacks</li> <li>children with digestive or stomach compaints</li> <li>fat metabolism, body tissue repair and creating energy</li> <li>lower cholesterol</li> <li>protect against cancer due to the presence of laetrile</li> </ul> <p>It also provides serotonin which may calm and soothe your moods.</p>	<ul style="list-style-type: none"> <li>Orgran Rice &amp; Millet Pasta</li> </ul>
<b>Amaranth</b>	Comes from Amaranthus, collectively known as amaranth. Amaranth was a staple in the diets of pre-Columbian Aztecs, who believed it had supernatural powers and incorporated it into their religious ceremonies	<ul style="list-style-type: none"> <li>Has one of the highest levels of protein of any grain.</li> <li>Also has high levels of dietary fibre contains eight essential amino acids and is cholesterol free.</li> <li>Contains calcium, iron, potassium, phosphorus, and vitamins A and C.</li> </ul>	<ul style="list-style-type: none"> <li>Has a strengthening, toning effect on the body</li> <li>Is easily digested, making it especially useful for very active people, vegetarians, and pregnant and breastfeeding women.</li> </ul>	<ul style="list-style-type: none"> <li>Orgran Puffed Amaranth Breakfast Cereal</li> <li>Orgran Multigrain Pasta with Amaranth</li> </ul>
<b>Quinoa</b>	Quinoa is a species of goosefoot grown as a crop primarily for its edible seeds. Also an ancient Aztec grain, Quinoa originated in the Andean region of South America, where it has been an important food for 6,000 years.	<ul style="list-style-type: none"> <li>Is a complete protein, meaning it contains all nine essential amino acids.</li> <li>A great source of magnesium, iron, copper and phosphorus.</li> </ul>	<p>Aids digestions, regulates your blood sugar and keeps your heart healthy.</p> <p>May also be effective in preventing and treating:</p> <ul style="list-style-type: none"> <li>Artherosclerosis</li> <li>Breast cancer</li> <li>Diabetes</li> <li>Insulin resistance</li> </ul>	<ul style="list-style-type: none"> <li>Orgran Multigrain Pasta with Quinoa</li> </ul>

\*It is important to note that the information contained in this fact sheet is a guide only, and should not replace professional medical advice. Please see your local medical or health practitioner for more information or before commencing a new diet.