



Grain Type	*Protein per prepared 100g	*Fibre per prepared 100g	*Carbs Per prepared 100g	*of which sugars	*Fat prepared 100g	*of which is Saturates	*Calories Per Prepared 100g	Nutrient Rich in?	Portion size per person Uncooked	Prepared Portion	Do I need to soak them?	How long to boil?	Gluten Free?	Other notes
Quinoa	4.8g	3.9g	24.4g	5.2g	2.7g	0.3g	149	Magnesium Maganese Phosphorous B vits, Calcium	60g	180g	No	20 mins	Yes	This is a complete protein
Bulgar Wheat	3.3g	2.0g	19.1g	0.2g	0.8g	0.2g	100	Manganese Iron	60g	180g	No	10 - 15 mins	No	Bulgar and Cous cous is often compared. However cous cous isnt a whole grain, it is small pieces of pasta so if made into its form, whereas Bulgar wheat is a whole grain in its original form,
Spelt	6.5g	6.7g	32.1g	0.7g	1.3g	0.2g	174	Manganese, B3 (Niacin), Phosphorous, Magnesium, Zinc, Iron	80g	180g	No	15-20 mins	No	Spelt is much easier to digest than wheat as it is more water soluble, and higher nutritional value than wheat. Spelt flour is considered a more untouched flour and still left in its original unprocessed form.
Oat Groats	6g	3.9g	30.5g	0.8g	4g	0.8g	180	Potassium, Calcium, Magnesium, Iron, Selenium, Zinc, B vits	50g	150g	Yes/No	30 mins-2 hrs	Yes - Naturally they are. Although some become contaminated when harvested with gluten	There are many views on how to cook these. You can soak them over night, and eat them raw like cereal in the morning like I do. Or soak then cook for 20 mins. Although some feel you have to boil them for long times to digest them properly. Or pop them in a pressure cooker for 5 - 10 mins. You make your own mind up!
Buck Wheat	5.1g	1.5g	27g	0.3g	1.5g	0.3g	145	Manganese, Magnesium, Phosphorus, Niacin (B3), Zinc, Folate, B6.	70g	180g	No	8 mins	Yes	This is a complete protein
Rye	3.6g	4.3g	29.6g	0.9g	0.9g	0.1g	143	Manganese, Phosphorous, Copper, B vits	45g	180g	Yes/No	45 mins - 1.5 hrs	No	If you soak them overnight they will cook faster (45mins), if not simmer for 1.5 hrs
Organic Brown Basmati Rice	3.6g	1.5g	29.2	0.1g	0.9g	0.2g	142	Iron, Magnesium, Selenium, B vits	75g	180g	No	20 - 25 mins	Yes	There are lots of different types of organic brown rice. Basamic is a lighter version. Some rices can be quite dense and change quite a lot in cooking times and macros. So read the packet intructions
Amaranth Grain	7.2g	4.5g	35g	0g	3.2g	0.6g	176	Phosphorus, Iron, Calcium Magnesium	45g	135g	No	20 - 30 mins	Yes	Bring to a boil, then reduce heat and simmer, uncovered, until water is absorbed. This is a complete protein.
Millet	3.5g	1.3g	24g	0.1g	1g	0.2g	119	Iron, B6, B3 (Niacin) Folate	60g	180g	Yes/No	Soaked - 10 Mins Unsoaked - 20 - 25 mins	Yes	Some findings say yes, some say no. If they are raw organic types, I would. It never does any harm, it helps grain to cook and often makes them easier to digest.
Brown Teff	3.9g	2.8g	19.9g	0.1g	0.7g	0.2g	101	Folate (B12), Thiamin (B1), Iron	50g	160g	Yes/No	12 mins	Yes	Makes a great porridge, thick and dense. You can get both brown and white versions. Again some say they need soaking, others disagree. Soaking will always help digestion if you struggle in this area. If not, they are fine to cook and eat.
Pearl Barley	3g	4.5g	20.8g	0.2g	0.8g	0.2g	111	Potassium Folate and B6	25g	80g	No	30 - 60 mins	No	You can soak them over night if you wish, then they will only take about 15 - 30 mins to cook. The length of time depends on whether to like them firm or very soft.
*Typical Values														