

Grain	You buy it as...	Nutrients	Cooking	Try it in...
Amaranth**	Whole grain, cereal flakes	Calcium, iron, protein, folate, copper, zinc	1 cup amaranth in 2 cups boiling water for 25 minutes yields 2 cups.	<ul style="list-style-type: none"> • Soups as a thickener • Toasted on top of salads • Toast it so it pops like popcorn
Barley	Flakes, grits, hulled, pearl (Scotch) (one of the creamiest grains)	Soluble fibre, selenium, phosphorus, copper	1 cup barley in 3 cups boiling water for 35 minutes yields 3 ½ cups.	<ul style="list-style-type: none"> • Rice puddings, soups, pilaf, bread stuffing, salads, hot cereal
Buckwheat**	Grits, goats, kasha, flour	Protein, fibre, magnesium	1 cup buckwheat in 2 cups boiling water for 15-20 minutes yields 2 ¼ cups.	<ul style="list-style-type: none"> • Pancakes, stuffing, • Kasha mixed with bow tie pasta
Corn** (Maize)	Cornmeal, cornstarch, corn flour, popcorn	Folate, protein, thiamin, vitamin A, vitamin C, phosphorus	Cover pot and bring water to a boil on high heat. Add husked corn cobs and continue to cook on high heat (covered or not) 3-4 minutes or until kernels are very hot and tender.	<ul style="list-style-type: none"> • Tortillas, polenta, pancakes, cornbread
Millet**	Pear	B vitamins, copper, iron, phosphorus, calcium	1 cup millet in 3 cups boiling water for 25 minutes yields 3 ½ cups. For a nutty flavour, toast millet in a frying pan on medium heat for 2-3 minutes before boiling.	<ul style="list-style-type: none"> • Flatbread like roti • Casseroles, hot cereal, pilaf • As a substitute for rice • Millet is a sticky grain and good in patties and loaves.
Oats	Rolled, quick cooking, instant, steel cut	Fibre, iron, manganese	1 cups oats in 3 cups boiling water for 60 minutes yields 3 cups.	<ul style="list-style-type: none"> • As a crunchy topping on fruit crisp • Porridge, muesli, granola • Stir a handful of oats in your yogurt, for a quick crunch with no cooking necessary • Add ¾ cup oats for each pound of meat when you make burgers or meatloaf • Repace 1/3 of the flour in a recipe with quick oats or old-fashioned oats.

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Quinoa**	Whole grain	Iron, potassium, riboflavin, calcium, phosphorus, copper, zinc	1 cup quinoa in 2 cups boiling water for 15 minutes yields 2 ½ cups. Quinoa is coated with a bitter resin and it needs to be well rinsed before cooking. Some brands are pre-rinsed.	<ul style="list-style-type: none"> • Pasta, pilaf, soup, salad • As a hot cereal • Add it to your favourite rice pudding recipe
Rice**	Brown, instant, parboiled (converted), long or short grain, wild	Thiamin, niacin, phosphorus	For brown rice: 1 cup rice in 2 cups boiling water for 45 minutes yields 3 cups. For wild rice: 1 cup rice in 3 cups boiling water for 60 minutes yields 4 cups.	<ul style="list-style-type: none"> • Risotto, pilaf, pudding, salad, stuffind • Mix brown or wild rice with white rice for more fibre and a nutty flavour
Rye	Flour, kernels	Protein, iron, B vitamins	1 cup rye in 4 cups boiling water for 60 minutes yields 2 ½ cup.	<ul style="list-style-type: none"> • In soups as a thickener • Bread • Try adding it to soda bread
Sorghum**	Whole grain, flour or grits	Protein, phosphorus, potassium, iron	Soak grain overnight in water. Drain water and combine 1 cup sorghum with 2 ½ - 3 cups boiling water for 30-45 minutes	<ul style="list-style-type: none"> • Pilaf, casseroles, stuffing, salad • Soups and chili as a thickener • Rice pudding in place of rice • Hot cereal
Spelt	Flour, whole grain or flake	Riboflavin, niacin, fibre, zinc	Presoak 1 cup spelt in 2 ½ cups water for several hours or overnight. Change the water, bring to a boil, and then simmer for 45-60 minutes, until chewy but tender.	<ul style="list-style-type: none"> • Breads, cereals • Muffins
Teff**	Whole grain, flour	Protein, iron, thiamin, phosphorus	Cook ½ cup teff in 2 cups boiling water for 15-20 minutes until water is absorbed, stirring occasionally.	<ul style="list-style-type: none"> • Cereal, bread • Use as a thickener
Wheat	Bulgur, couscous, cracked wheat, farina, flour, kamut, semolina, spelt, wheat berries	Protein, iron, B vitamins, magnesium, manganese	Water needs to be drained after cooking. 1 cup wheat berries in 2 cups boiling water for 60 minutes yields 3 cups.	<ul style="list-style-type: none"> • Bread, cereals, pastas, salads • Bake with whole wheat flour. In most recipes, you can substitute half of the white flour with whole wheat flour. • Tabbouleh, a salad using bulgur.

****Gluten-free grain**