



# Sustagrain® Barley



▶ HIGHEST FIBER  
WHOLE GRAIN  
Commercially  
Available

▶ GLYCEMIC  
INDEX OF 25

▶ SOURCE OF  
BETA  
GLUCAN



# SUSTAGRAIN



## FLOUR

## FLAKES

## STEEL CUT

## CUSTOM MULTI-GRAIN BLENDS & MIXES

## SAFEGUARD SUSTAGRAIN

## Sustagrains®: Whole Grain Goodness And A Whole Lot More.

Sustagrains is our proprietary and identity-preserved barley. It offers functionality, flexibility and unique nutritional benefits to meet consumer demand for delicious, better-for-you foods.

### HEART HEALTH

Sustagrains is a tool for heart-health formulation needs; in fact, the U.S. Food and Drug Administration has approved a heart-health label claim for soluble fiber from barley foods. Soluble fiber from foods such as Sustagrains, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease, a disease associated with many factors. A serving of Sustagrains supplies 6 grams of the recommended 3 grams or more B-glucan soluble fiber from barley necessary per day to have this effect.

### BETTER DIGESTIVE HEALTH, IMPROVED GLYCEMIC INDEX

Sustagrains has among the lowest GI of commercially available grains, and its benefits extend beyond the heart. Soluble and insoluble fiber, when part of a diet low in saturated fat and cholesterol, are key for maintaining digestive health, and increased satiety.

### FUNCTIONALITY TO FIT YOUR FORMULATION

From bread to breakfast bars, muffins, snacks, rice mixes and more, wherever whole grains and high-fiber are needed, Sustagrains is the superior choice. Sustagrains' other functional benefits include high water absorption, which can increase end-product moisture and slower staling in baked goods. Sustagrains also pairs well with high protein products, delivering additional value to today's health conscious consumer.

### RESEARCH, QUALITY & TECHNICAL SUPPORT

Ardent Mills is here to answer your questions about developing recipes with Sustagrains. Our industry leading technical service team is available to support you at your bench, at your plant or in your restaurant.



## Applications

- BREADS, SIDE DISHES
- BAKED GOODS
- HOT CEREALS
- CEREAL/ENERGY BARS
- SOUPS, PASTAS
- NUTRACEUTICALS
- TORTILLAS
- MEAT PRODUCTS
- SNACKS
- RICE BLENDS
- MUFFINS, COOKIES, GRANOLA, SAUCES

*Latin burger with Sustagrains in bun, sauce and meat patty*



# The Highest Fiber Whole Grain Commercially Available.



Grown in the USA: proprietary IP barley



Whole grain nutrition, excellent source of fiber



Three times more fiber than oats



No other grain meets Sustagrain's unique nutritional composition

Junk food is a thing of the past. Consumers are snacking healthier more than ever, and want better-for-you foods that deliver high nutrition without compromising great taste and texture. Sustagrain, the highest fiber whole grain commercially available, can help deliver a host of fiber and whole grain benefits—even in extruded crunchy snacks, chewy bars and other baked treats consumers know and love.

## SUSTAGRAIN PRODUCTS

### ▶ FLOUR

Ultra-high fiber whole grain barley flour with a neutral flavor is ideal for boosting nutrition in a variety of applications. Sustagrain flour has an ultra-fine particle size.



Fine Flour

### ▶ FLAKES

Ultra-high fiber whole barley flakes can be specifically designed for your optimal flake thickness and granulation profile.



Flakes

### ▶ STEEL CUT

Steel Cut Sustagrain is ideal for adding visual zest and craveable texture to bakery and snack items; also a delicious 15% addition gives a significant nutritional boost to white rice.



Steel Cut

### ▶ CUSTOM MULTI-GRAIN BLENDS & MIXES

With Ardent Mills broad portfolio of flours, grains and seeds, we can develop and produce custom multigrain blends and mixes to support your rapid commercialization.

### ▶ SAFEGUARD® TREATMENT & DELIVERY SYSTEM

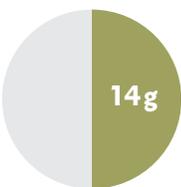
Ardent Mills' SafeGuard Treatment & Delivery System, patented, comprehensive, integrated solution delivers up to 5-log pathogen reduction safety assurance from our plant to yours. As raw agricultural products, all raw grains can be a risk factor in uncooked applications. SafeGuard Sustagrain reduces food safety risk while maintaining optimum flavor, texture, appearance and performance.

\*Provided end user product meets USDA regulations for whole grain claim, and FDA regulations for "barley soluble fiber heart health" and "source of fiber" claims.

## A COMPARISON OF PER SERVING FIBER VALUES

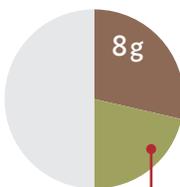
The FDA's fiber value is set at 28g daily for a 2,000-calorie diet

### SUSTAGRAIN

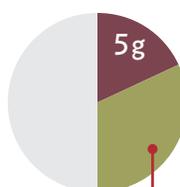


**SUSTAGRAIN = 21% MORE**

### Regular Barley

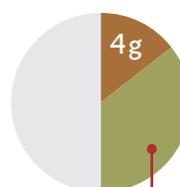


### Whole Wheat



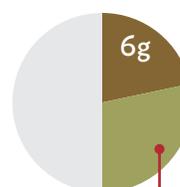
**32% MORE**

### Oats



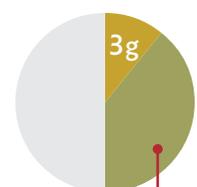
**35% MORE**

### Rye



**28% MORE**

### Corn



**39% MORE**

Source: USDA Nutrient Database

\* Sustagrain provided 50% of your daily value of Fiber. The percent more presented below each grain is the additional percent fiber daily value Sustagrain provides over the fiber daily value provided by the grain.



## Cultivating A Passion: Grown At Broberg Family Farm In Montana



The Broberg family is one of the first families to grow Sustagrain Barley. Farming in the rugged Rocky Mountains and scenic northwestern landscape of Montana, the Broberg family maintains strong sustainability practices including using only natural rainfall in growing Sustagrain. Visit the Broberg Farm at <https://m.youtube.com/watch?v=bsGelKKoA98>



### Benefits

High Fiber



Improves Digestive Health



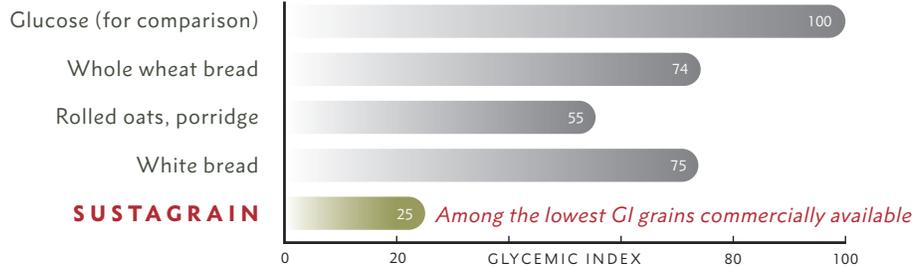
Highest Level of Soluble Fiber



Highest Level of Dietary Fiber



### GLYCEMIC INDEX (GI) COMPARISON



SOURCES: Diabetes Care 2008 Dec; 31(12): 2281-2283. Cereal Foods World, 2006, Vol 51, pp 20-22.

### SUSTAGRAIN SPECIFICATIONS

**Physical Properties:** Sustagrain is available as a fine flour and flakes. It is tan in color. Steel cut. *This is not a ready-to-eat food and must be thoroughly cooked before eating.*

**Storage:** Store in a clean, cool and dry area away from strong odors. Recommended storage conditions are 75°F and 50% relative humidity.

**Shelf Life:** 12 months is the maximum recommended storage duration using good sanitary practices.

**Kosher Certified:** Rabbinical authority: KOF-K. Kosher certification: Parve.



**Packaging:** Available in 50 lb, multi-wall paper bags and totes.

**Nutritional Properties:** Sustagrain is a high-fiber whole grain from proprietary varieties of barley.

**Ingredients Declaration:** Whole grain barley (Sustagrain). Barley is a Non-GMO grain.

### NUTRITIONAL DATA

Calories /100g.....	394
Total Fat, g/100g .....	6.7
Saturated Fat, g/100g .....	1.74
Total Trans Fat, g/100g .....	0
Polyunsat. Fat, g/100g .....	1.24
Monounsat. Fat, g/100g .....	3.41
Cholesterol, mg/100g .....	0
Sodium, mg/100g .....	12
Potassium, mg/100g .....	519
Carbohydrates, g/100g .....	64.6
Dietary Fiber .....	30.6
Soluble Fiber, g/100g.....	12.6
Sugars, g/100g .....	4.95
Protein, g/100g .....	18.2
Vitamin A, IU .....	0
Vitamin C, mg/100g.....	0
Calcium, mg/100g .....	33
Iron, mg/100g .....	5.10
Vitamin D, IU/100g .....	0
B1-Thiamin, mg/100g .....	0.28
B2- Riboflavin, mg/100g .....	0.2
B3-Niacin, mg/100g.....	4.6
Folate, mcg/100g .....	95

For more information, samples, or to order, contact your Ardent Mills account manager, visit [ardentmills.com](http://ardentmills.com) or call 800-851-9618.



Nourishing what's next.®