



Woods Eco-cuisine

--The health food specialist

Nutritional value of whole grains

Whole grains are organically grown, not processed, refined, polished or chemically treated

Wheat – Winter wheat- Yang grain Spring Wheat – Yin grain

Dietary fibre, complex carbohydrates, protein, Vitamin E, Vitamin B Complex, and a range of minerals.

Uses: for growing wheatgrass, sprouted to make rejuvalac, kibbled to cook as porridge or added to brown rice, stone-milled as whole wheat flour.

Rye - Yang grain

High fibre content, protein, rich bran, Vitamin E, Complex Carbohydrates, B Vitamins and other minerals

Uses: for cooking with brown rice, kibbled to be cooked as porridge, stone-milled as whole rye flour.

Millet- Yin grain

Protein, well-balanced in amino acid, dietary fibre, Vitamin B and minerals such as iron, magnesium, potassium, low gluten. This is the only alkaline grain. To bring out its nutty flavour, toast it in a dry skillet for about 3 minutes. Stone-milled as millet flour.

Oats- Yang grain

Rich in fibre and complex carbohydrates, high in calcium and iron, good source of protein, B vitamins and vitamin E, fat.

Uses: for cooking as cereal porridge as whole or rolled oats or add to brown rice. Stone-milled as oat flour.

Brown rice – balanced grain

Most balanced grain on earth with heaps of nutrients.

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Nutritional value of whole grains & Legume

Maize – Yin grain

Rich in dietary fibre, good source of complex carbohydrates, Vitamin B, C & A, (the yellower the corn in colour, the richer the Vitamin A), potassium and protein.

Uses: for polenta, add to porridge, brown rice, or sprout and grow it into a maize plant.

Soy – Yin legume

An excellent source of fibre, especially the soluble type of fibre which can lower blood cholesterol when eaten as part of a low fat diet. A good source of iron, calcium, Vitamins of the B complex, Vitamin K, potassium, phosphorus and magnesium. It is gluten free.

Uses: for cooking, add to salad, make into soymilk, tofu or tofufa.

Barley- Yin grain

A good source of complex carbohydrates, protein and B Vitamins. It is rich in dietary fibre and less than 2% fat. It contains a substance that inhibits bad cholesterol production in both human and animals. 100g of barley provides 10.5g protein, 2.1g fat, 69.3g complex carbohydrates, 4g fibre, 50mg folic acid, 6mg iron and 50mg calcium.

Uses: for preparation as a beverage, could be added to brown rice, pressed as cereal, or stone-milled as barley flour.

Buckwheat – Yang grain

This is not a true grain but the fruit of a herbaceous plant. Extremely nutritious, high in protein, B vitamins, several minerals and contains no fat. Rich in dietary fibre, gluten free, very intensely flavoured grain. 100g of buckwheat provides 11.7g protein, 39mg iron and 114mg calcium.

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