

Sustagrain®

The Highest Fiber Whole Grain



80% of U.S. adults consider fiber a **SOMEWHAT IMPORTANT** or **VERY IMPORTANT** driver for their food and beverage purchase decisions.¹

¹Harris Interactive, March, 2014

Consumers will like Sustagrain because of

- Feeling full longer
- Good for cholesterol
- Better digestion
- Family farmed, sustainable sourcing



Sustagrain features

- **3 Times the Fiber** of oats and corn flour
- **Highest Level of Beta-glucan** of any grain²
- **Grown in Cut Bank, Montana** on the edge of historic Glacier National Park



²Sources: USDA National Nutrient Database for Standard Reference, Release 23; J Agric Food Chem, 2010, 49: 2437; Cereal Chem, 1999, 76: 788; Cereal Chem, 2000, 77: 673; and ConAgra Foods.

Sustagrain benefits

- **Heart Health**
U.S. Food and Drug Administration has approved a heart health label claim for soluble fiber from barley foods³
- **Glycemic Index**
The lowest glycemic index of commercially available grains
- **Blood Glucose**
Helps smooth spikes in blood glucose and insulin response

³FDA: 21 CFR 101.81

Sustagrain applications

Fine flour and flakes can be used in:

- Extruded chips/snacks
- Energy bars
- Hot and RTE cereals
- Breads/Baked Goods
- *and more*



For more information about Sustagrain go to www.ardentmills.com/sustagrain.html