Sustagrain, the highest fiber whole grain, is a proprietary identity-preserved barley variety that is both low in starch and high in soluble fiber (heart healthy beta glucan) and total dietary fiber. With three times the fiber of oats and corn flour, and 10 times the fiber of brown rice, it’s the ideal way to add whole grain nutrition and fiber to a variety of applications. Available as fine flour and quick flakes, Sustagrain is ideal for: breads, hot and RTE cereals, baked goods, energy bars, soups, pastas, tortillas and extruded applications.

Sustagrain has been extensively researched in a variety of categories:

**HUNGER/WEIGHT MANAGEMENT**


**DIGESTIVE HEALTH**

BLOOD SUGAR MANAGEMENT


HEART HEALTH


GENERAL


To learn more about Sustagrain, visit ardentmills.com/sustagrain.html