Barley for Health
Hot Topic Session
Health Professionals Day - RAWF
November 7, 2012
Hot Topic Session - Barley for Health Outline

• Exciting News
  – Let’s talk Barley Health Claim

• The little grain with a big impact

• Make cooking and baking with barley a breeze

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• In July of this year, Alberta Barley Commission announced that Health Canada approved a health claim linking the consumption of barley beta-glucan, a type of soluble fibre, to reduced blood cholesterol.

• The claim is a result of years of scientific work including that of Agriculture and Agri-Food Canada (AAFC) scientist Dr. Nancy Ames’ team in Winnipeg, Manitoba.
The Barley Health Claim

• Dr Ames and her team prepared the application for the Health claim, reviewing all the relevant research.
  – In addition, they conducted a study\(^1\) which confirmed the results of the literature review.

• The claim is based on scientific evidence that shows consumption of \textbf{at least three grams of beta-glucan per day} helps reduce cholesterol, which is a risk factor for heart disease.


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The Barley Health Claim

• The claim applies to suitable foods that contain at least one gram of beta-glucan from barley grain products per serving. One gram of beta-glucan equals 35% of the recommended daily intake.

• The health claim includes dehulled or hulless barley, pearl barley, barley flakes, grits, meal, flour and bran, as well as beta-glucan enriched milling fractions.

Extracted barley beta-glucan is excluded from the claim.

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The Barley Health Claim

• Primary Statement
  – [Serving size from the NFT in metric and common household measures] of (Brand name) [name of food] with name of eligible fibre source supplies/provides X% of the daily amount of the fibre shown to help reduce/lower cholesterol.

• Example
  – 250 ml (1 cup) of cooked pearled barley supplies 80% of the daily amount of the fibre shown to help lower cholesterol.

• Daily amount is 3 grams of barley beta-glucan.

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• Additional statements could be placed, adjacent to the primary statement:
  – Barley fibre helps reduce/lower cholesterol
  – High cholesterol is a risk factor for heart disease
  – Barley fibre helps reduce/low cholesterol, (which is) a risk factor for heart disease

• Keep a look out for the claim!
Powerhouse of Nutrition

• **Packed with Vitamins and Minerals – Overall health**
  – Barley contains several vitamins and minerals including niacin (vitamin B₃), thiamine (vitamin B₁), vitamin B₆, selenium, iron, magnesium, zinc, phosphorus and copper.

• **Source of Antioxidants – Overall health**
  – Barley contains antioxidants, which are also important for maintaining good health.
  – Specifically, antioxidants work to slow down the rate of oxidative damage by gathering up free radicals that form when body cells use oxygen.
Barley is a low Glycemic Index (GI) food

- Barley is considered a low GI food, which means that it does not raise blood glucose as much as high GI foods do, resulting in better blood glucose control.

- Research demonstrates that the beta-glucan found in barley plays a favourable role in glucose metabolism\(^2\).

• Eating barley on a daily basis supports:
  • Heart Health
  • Healthy Glucose Metabolism
  • Overall Wellness
  • Gut Health
The Alberta Barley Commission is launching a new consumer focused website with many delicious recipes and cooking tips in February 2013.

www.barleyfoods.org is another site for recipes, cooking tips and nutrition information.
• Barley has a rich nutty taste.
• The beta-glucan content gives it a chewy texture similar to al dente pasta.
• When cooked with other foods barley readily absorbs their flavours (and three to four times its weight in moisture), which is why barley is used often in stews and soups.
Cooking Tips for Pearl Barley:

• In medium saucepan with lid:
  Boil 3 cups of water. Add 1 cup pearl barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Makes about 3 to 3 ½ cups.

• In a crock pot or slow cooker:
  Place 2 ½ cups boiling water, 1 cup pearl barley and ½ teaspoon salt in crock pot or slow cooker. Cover and cook on HIGH for approximately 1 hour and 45 minutes.
Baking Tips for Barley Flour:

• Barley flour adds a subtle nutty flavor and fibre to your favourites.

• For yeast breads
  – Barley flour may be substituted from 25 to 50% of the total flour used.

• For quick breads, muffins, cookies and bars
  – Barley flour may be substituted from 50 to 100% of the total amount of flour used.
Make Barley an everyday food!

Morning
• Barley and Fruit Muffins
• Barley, Mushroom and Feta Frittata

Lunch
• Turkey, Barley Mandarin Salad
• Barley Lentil Soup
• Beef Barley Soup (www.albertabarley.com)
Afternoon

• Apple Sauce Raisin Cookies
  (www.albertabarley.com)

Supper

• Asian Barley and Wild Rice Salad
  (www.albertabarley.com)
• Barley Stuffed Bells
• Barley Casserole (on the recipe card!)
Exciting News

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The little grain with a big impact

Make cooking and baking with barley a breeze
Thank you

to Alberta Barely Commission

for sponsoring this presentation

and

to you, the audience for participating in this session
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