

Top 10 Whole Grains for Health

The 10 best whole grains, from oats and barley to quinoa and brown rice, with the evidence, servings, and celiac and arsenic cautions.

1 Oats

Beta-glucan, manganese

Serving: 1/2 cup dry

Beta-glucan fiber that lowers LDL cholesterol.

2 Barley

Beta-glucan, selenium

Serving: 1/2 cup cooked

Even more beta-glucan than oats.

3 Quinoa

Protein, magnesium, fiber

Serving: 1/2 cup cooked

Gluten-free seed with complete protein.

4 Brown Rice

Fiber, magnesium, selenium

Serving: 1/2 cup cooked

A whole-grain swap for white rice.

5 Whole Wheat

Cereal fiber, B vitamins

Serving: 1 slice bread or 1/2 cup pasta

Cereal fiber in breads and pasta.

6 Buckwheat

Rutin, magnesium, fiber

Serving: 1/2 cup cooked

Gluten-free grain rich in rutin.

7 Farro

Fiber, protein, zinc

Serving: 1/2 cup cooked

Ancient wheat with chewy texture and fiber.

8 Popcorn (Air-Popped)

Fiber, polyphenols

Serving: 3 cups popped

A whole-grain snack.

9 Bulgur

Fiber, manganese

Serving: 1/2 cup cooked

Quick-cooking cracked wheat.

10 Rye

Fiber, arabinoxylan

Serving: 1 slice

Dense bread with satiating fiber.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/whole-grains/