



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Grain Cooking Chart

Grain	Cooking Time / Water (for one cup of dry grain) Yield	Uses
<b>LONG GRAIN BROWN RICE</b>	45 minutes / 2.5 cups Yields 3.5 cups	Firm, fluffy. Side dishes, salads, pilaf.
<b>MEDIUM GRAIN BROWN RICE</b>	50 minutes / 2.5 cups Yields 3.5 cups	Softer. All-purpose, baking, stuffing.
<b>SHORT GRAIN BROWN RICE</b>	50 minutes / 2 cups Yields 3 cups	Sticky. Puddings, baking, sushi.
<b>WILD RICE</b> <i>Aquatic grass</i>	50 minutes / 2.5 cups Yields 3.5 cups	Mix with brown rice to economize.
<b>BARLEY</b> <i>Pot (Scotch) is more nutritious than pearl</i>	Pot – One hour / 3 cups Pearl – 50 min. / 2.5 cups Each yields 3 cups	Grain salads, soups, stews, baking, casseroles.
<b>MILLET</b> <i>Easily digestible</i>	40 minutes / 2.5 cups Yields 3.5 cups	Fluffy. Mineral-rich. Stuffing, stews, side-dishes
<b>QUINOA</b> <i>50% more protein than most other grains</i>	Rinse first to cut bitterness 15 minutes / 2 cups Yields 4 cups	Fluffy. Side-dishes, pilaf, stews, stuffing
<b>AMARANTH</b> <i>50% more protein than most other grains</i>	30 minutes / 2.5 cups Yields 2.5 cups	Sticky. Mix with other grains to add variety. Stuffing, hot cereal.
<b>COUSCOUS*, BULGUR</b> Pre-cooked cracked wheat products	15 minutes / 2 cups Yields 3 cups *Add water, let stand	Fluffy bed for stews, veggies. Form into “burgers”. Stuffing, Tabbouleh.
<b>ROLLED OATS</b> Steamed, pressed oats	15 minutes / 1.5 cups Yields 2.5 cups	Hot cereal, breads, cookies, general baking
<b>CORNMEAL</b> (called grits or polenta when fully refined)	30 minutes / 4 cups Yields 3 cups	Hot cereal Grill pre-cooked squares and serve with sauces.
<b>BUCKWHEAT (KASHA)</b> No relation to wheat. Wheat and gluten-free.	20 minutes / 2 cups Yields 2.5 cups Pan-toast before cooking	Pilaf, stuffing Hot cereal, Side-dish with onions
<b>CRACKED WHEAT</b>	45 minutes / 3 cups Yields 3 cups	Stickier than bulgur/couscous Hot cereal

See next page for details

Also works great in crock-pots and slow-cookers!



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## Grain Storage

- Store grains in a cool, dark place in an airtight container. Because organic grains are not treated with pesticides, store in freezer to prevent infestation by grain moths.

## Grain Preparation

(See Chart above)

- The middle column of cooking chart indicates approximate cooking time (*at 5,000 feet above sea level – be sure to use more liquid at a higher altitude*), and the amount of water for one cup of dry grain (e.g., “40 minutes / 2 cups”).
- Measure dry grain, then rinse thoroughly.
- Add grain and water to pot (and a pinch of sea salt if desired).
- Bring to full boil (except as noted for couscous).
- Reduce to simmer, cover tightly, and cook for indicated time.
- Tip: DON'T PEEK! Checking on your grains will alter cooking times and affect results.

## Nutritional Information

Grains are excellent sources of fiber and are very low in fat. Most grains, cooked without additional fat, provide less than 10% of their calories as fat. They are high in complex carbohydrates, provide protein, and are rich in the vitamins and minerals listed below:

= a five-ounce serving contains at least 10 percent of the USRDA

= contains between 5 and 9 percent of the USRDA

= contains less than 5 percent of the USRDA

SOURCE: USDA Handbook 8