



Get the Skinny on Ancient Grains



- Very small, light-colored grain with an appealingly peppery flavor.
- Native to the Americas and prized by the Aztec civilization—it is a dietary staple as well as a revered symbol of the culture.
- Amaranth protein quality is among the highest with respect to other grains. It has comparatively more calcium and iron than other grains.
- Gluten-free



- Small, pale-yellow round grain with a mild flavor that's ideal for blending with the flours of other grains.
- A staple in India and common in Africa, millet was domesticated more than 4,000 years ago from a wild West African grass.
- Millet nutrients include the B vitamins—thiamin, riboflavin, niacin, pantothenic acid, B6, and folic acid—along with a number of other important nutrients.
- Gluten-free



- A small, light-colored round grain with an unmistakably nutty, earthy flavor.
- Indigenous to South America, where the Incas praised it as the "mother of all grains."
- Superior protein quality compared to other many other grains; a powerful source of minerals, including calcium, magnesium, potassium and iron.
- Gluten-free



- Medium-size round grain with a mild, lightly sweet taste that melds well with other flavors
- Originated in Africa; today it is the fifth most important cereal crop in the world
- Gluten-free



- Tiny, ivory-colored grain whose lightly sweet, molasses-like flavor is compatible with other grain flours.
- A foundation of the Ethiopian diet, and principle source of nutrition for its people.
- Notable source of calcium and magnesium.
- Gluten-free