

# Triticale Grain Is Healthier Than Soybeans and Yogurt Combined!



Triticale is a unique hybrid of wheat and rye that has allowed many developing countries to achieve agricultural self-sufficiency. First attempted in 1875 by a Scottish biologist, the idea was brought to fruition by Norman Borlaug in the 1960s. According to the University of Manitoba, triticale is healthier than soybeans and yogurt combined. It's higher in protein than wheat or rye, and has a more healthful amino acid balance. It has double the lysine as wheat.

Because triticale is a non-oily grain, it can be purchased at a health food store and stored in your cupboard. Preparing it requires at least forty to fifty minutes of cooking time.

Grains, when used in moderation, are highly nutritious and a great source of long-term energy. However, if you don't exercise and eat too much grain, it can form mucus in your system that will reduce your energy, concentration, and health. In the United States, because we are largely a sedentary people, smaller amounts of grain are almost dictated for good health.

Consider adding triticale to your diet instead of other grains. Do ensure that you space out your grains with lots of fresh fruits and vegetables. Triticale or other whole grains are much better for you than processed flour.

## Triticale flour, whole-grain, 1 cup

Nutrient	Units	1.00 X 1 cup — 130g
Proximates		

Water	g	13.01
Energy	kcal	439
Energy	kJ	1838
Protein	g	17.13
Total lipid (fat)	g	2.35
Ash	g	2.40
Carbohydrate, by difference	g	95.08
Fiber, total dietary	g	19.0
<b>Minerals</b>		
Calcium, Ca	mg	46
Iron, Fe	mg	3.37
Magnesium, Mg	mg	199
Phosphorus, P	mg	417
Potassium, K	mg	606
Sodium, Na	mg	3
Zinc, Zn	mg	3.46
Copper, Cu	mg	0.727
Manganese, Mn	mg	5.440
<b>Vitamins</b>		
Vitamin C, total ascorbic acid	mg	0.0
Thiamin	mg	0.491
Riboflavin	mg	0.172
Niacin	mg	3.718
Pantothenic acid	mg	2.817
Vitamin B-6	mg	0.524

Folate, total	mcg	96
Folic acid	mcg	0
Folate, food	mcg	96
Folate, DFE	mcg_DFE	96
Vitamin B-12	mcg	0.00
Vitamin A, IU	IU	0
Vitamin A, RAE	mcg_RAE	0
Retinol	mcg	0
Vitamin E (alpha-tocopherol)	mg	1.17
<b>Lipids</b>		
Fatty acids, total saturated	g	0.413
8:0	g	0.019
12:0	g	0.016
14:0	g	0.010
16:0	g	0.309
18:0	g	0.035
Fatty acids, total monounsaturated	g	0.238
16:1 undifferentiated	g	0.021
18:1 undifferentiated	g	0.200
20:1	g	0.017
Fatty acids, total polyunsaturated	g	1.032
18:2 undifferentiated	g	0.963
18:3 undifferentiated	g	0.069
Cholesterol	mg	0
<b>Amino acids</b>		

Tryptophan	g	0.205
Threonine	g	0.532
Isoleucine	g	0.629
Leucine	g	1.196
Lysine	g	0.480
Methionine	g	0.268
Cystine	g	0.361
Phenylalanine	g	0.837
Tyrosine	g	0.503
Valine	g	0.799
Arginine	g	0.881
Histidine	g	0.408
Alanine	g	0.638
Aspartic acid	g	1.032
Glutamic acid	g	5.262
Glycine	g	0.734
Proline	g	1.555
Serine	g	0.779
<b>Other</b>		
Alcohol, ethyl	g	0.0

*USDA National Nutrient Database for Standard Reference, Release 18 (2005)*