

Mayo Clinic Minute: Discover the health benefits of farro

Video	Audio
	You may be familiar with rice, quinoa and barley, but farro is another option to consider.
	Mayo Clinic dietitian Anya Guy says the dense ancient grain is rich in nutrition with a plethora of health benefits.
Anya Guy Dietitian Mayo Clinic	"Farro is a great source of fiber, iron, protein and magnesium. It can provide a lot of health benefits for your diabetes or for heart health or for brain health."
	Cook farro on the stovetop, in a slower cooker or in the oven. It doesn't expand as much as rice or pasta.
	"You can use the cooked farro then in an added recipe, whether it's risotto or cereal, hot cereal, in soups or in stews, or even on top of a salad."
	One serving provides about 200 calories, 7 grams of protein and 7 grams of fiber.
	"The fiber content in farro is really important because it improves digestive health."
	It also can improve satiety that may lead to less weight gain or even some weight loss.
	For the Mayo Clinic News Network, I'm Ian Roth.