



Taken from: www.healthline.com/nutrition/farro-benefits

Farro is an ancient grain that has been around for thousands of years. More recently, it has grown in popularity. Not only does it taste great — it's also good for your health. It's packed full of fiber, protein, vitamins, minerals and antioxidants. Farro is also a great alternative to refined grains and can easily be added to your diet.

Health Benefits

Very Nutritious:

Farro is an extremely nutritious grain. It's an excellent source of protein, fiber and nutrients like magnesium, zinc and some B vitamins. It's a much healthier alternative to white rice or other refined grains. One-fourth cup (47 grams) of organic, whole grain emmer farro contains: Calories: 170, Carbs: 34 grams, Fat: 1 gram, Fiber: 5 grams, Protein: 6 grams, Vitamin B3 (niacin): 20% of the RDI, Magnesium: 15% of the RDI, Zinc: 15% of the RDI, Iron: 4% of the RDI. Adding some farro to your diet will give you a healthy dose of zinc, magnesium and vitamin B3 (niacin), all of which play important roles in your body.

Contains More Fiber than most Popular Grains:

Modern diets are generally low in fiber. Just one cup of whole grain emmer farro can provide a whopping 20% of the daily recommended fiber intake. This is similar to quinoa, but higher than a lot of other popular grains, such as brown rice, pasta and couscous. The health benefits of a high-fiber diet are not to be snubbed. They include a lower risk of developing type 2 diabetes and heart disease. Fiber has also been shown to help prevent spikes in blood sugar levels and can even help lower total and LDL cholesterol. Furthermore, fiber can help improve digestive



health in a number of ways. First, some types of fiber can boost gut health by feeding the friendly bacteria in the gut. Second, fiber may help prevent or resolve constipation by adding bulk to your stools.

Contains a Wide Range of Healthy Antioxidants:

Whole grains are associated with improved health because they contain a wide range of antioxidant compounds, such as polyphenols, carotenoids, phytosterols and selenium. In addition, whole grains, along with fruits and vegetables, are one of the most important antioxidant sources in the diet. All three grains associated with farro (emmer, einkorn and spelt) are great sources of polyphenols, carotenoids and selenium. Observational studies strongly suggest that the long-term consumption of diets rich in plant polyphenols can protect against diseases, including some cancers, heart disease, diabetes, osteoporosis and neurodegenerative diseases. A review of 16 studies found that three servings of whole grains daily reduced the risk of diabetes by 32%. Another large review of 45 studies found that consuming three servings of whole grains daily reduced the risk of heart disease by 22% and stroke by 12%.

Great Source of Protein, Compared to Many Other Plant Foods:

For a grain, farro is a great source of protein. One-fourth cup (47 grams) of whole grain emmer farro contains six grams of protein. This is similar to quinoa but higher than brown rice and whole grain wheat. When combined with other plant-based foods like legumes, farro offers a complete protein source. This means it provides an adequate amount of the essential amino acids important for human health. This is good news for vegetarians, as well as anyone looking for plant-based, high-protein food sources. What's more, eating more protein can positively affect your health and waistline. Studies have shown that high-protein foods tend to keep you fuller for longer. This is partly because protein causes a rise in fullness hormones and reduces hunger hormones. A 12-week study found that when 19 overweight women ate a higher-protein diet, they ate up to 440 fewer calories per day and lost up to 10.8 pounds (4.9 kg). Additionally, getting enough protein is essential for gaining muscle mass. Lastly, eating more protein may also have benefits for heart health. That's mainly because a higher-protein diet has been shown to reduce blood pressure and LDL cholesterol — two major risk factors for heart disease.

Weight Loss Friendly Food:

Although no studies have looked specifically at the effects of farro on body weight, it has a number of properties that may help with weight loss. If you are trying to lose weight, farro is a much healthier substitute for other refined grains. First, a 47-gram portion contains only 170 calories. Moreover, it's high in protein and fiber, which means that it may help reduce your appetite and keep you fuller for longer. It also has a low glycemic index, meaning that it's digested more slowly, causing a slower rise in blood sugar and steady energy release throughout the day. This helps prevent sharp dips in blood sugar and may prevent cravings related to unstable blood sugar. In fact, a review of 15 studies found that consuming three servings of whole grains daily was associated with a lower BMI and lower body fat.