



ConAgra Mills®

**Sustagrain®, the Ultra-high Fiber Whole Grain
With 3X the Fiber of Oats**

Sustagrain® Flour

Sustagrain® Flakes

Applications

A very fine barley flour with neutral flavor – ideal when smooth consistency is required. Use it for breads, hot and RTE cereals, snacks, baked goods, energy bars, soups, pastas, tortillas and wraps, and meat dishes.

A barley flake for use in hot and RTE cereals, cookies, crackers, toppings, inclusions, breads, meat extenders, vegetarian patties, baked goods and snacks.

Frozen or Dry

Flours and flakes are shipped dry.

States or Regions Available

All Sustagrain samples are available on a national basis.

**Nutritional
Information**

The two Sustagrain varieties are made with 100% whole grain barley. Sustagrain is the highest fiber whole grain available with three times the fiber of oats.

Calories (per 100g)
Protein Content (per 100g)
Fat Content (per 100g)
Carbohydrates (per 100g)
Cholesterol (per 100g)
Fiber (per 100g servings)
Soluble Fiber (per 100g)
Minerals
Vitamins

390
18g
6.5g
64.3g
0g
30g (Beta Glucan is 15g)
12g
Potassium 452mg, Zinc 2.8gm, Iron 3.6mg, Calcium 33mg
Vitamin A 0 IU, Vitamin C 0mg, Thiamin 0.6mg, Riboflavin 0.3mg, Niacin 4.6mg

Directions

Replace 10-15% of the flour in a recipe with Sustagrain flour to give your recipe a whole grain and fiber boost. Use the flakes in any formula that would call for oat flakes, with the additional benefit of three times the fiber of oat flakes.

**Manufacturer &
Contact Information**

Manufacturer Company
Address

ConAgra Mills
11 ConAgra Drive, Omaha NE, 68102

Main Telephone #

(800) 851-9618

Website Address

www.conagramills.com

Sales & Sample Contact

Order Sustagrain through your local distributor, or contact J.M. Swank at (866) 717-9265 or www.jmswank.com

It's the highest-fiber whole grain.

(And it's not just in the bun.)

We're talking top-to-bottom, all-natural, whole grain goodness and fiber fortification—in the bun, the burger and even the sauce. That's because they're made with Sustagrain®, the highest-fiber whole grain, with three times the fiber of oats and a healthy balance of soluble and insoluble fiber. Made from our proprietary barley and available in flour or flakes, super-versatile Sustagrain can be used on its own or with other grains and fibers. It promotes blood-sugar and weight management as well as digestive and heart health—it even qualifies for the FDA heart health claim. So go ahead. Boost the fiber in the bun and whatever you're putting on it. That's the whole fiber solution. That's Sustagrain. For more information or technical support, visit conagramills.com or call (800) 851-9618.



Mini-burger bun,
patty and sauce made
with Sustagrain.



ConAgra Mills®



■ Sustagrain® Barley: Whole Grain Goodness and a Whole Lot More

What Is Sustagrain?

ConAgra Mills® Sustagrain Barley is a proprietary, identity-preserved, waxy, hullless barley variety. It offers flexibility, functionality and special nutritional benefits for product developers who are formulating to meet pressing health and wellness concerns. With dietary fiber making up more than 50% of its carbohydrates—and 40% of that in the form of cholesterol-lowering soluble fiber—Sustagrain can be a potent tool for heart health. In fact, the U.S. Food and Drug Administration has approved a heart-health label claim for soluble fiber from barley foods.

Digestive Health, Low GI

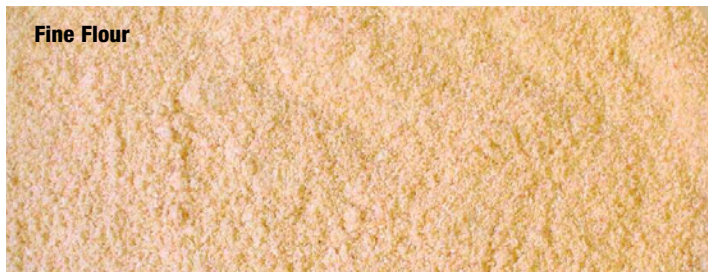
Sustagrain's benefits go beyond the heart. Whole grain fiber is key for digestive health, blood sugar management and

increased satiety, and with two to seven times the fiber of other cereal grains, Sustagrain is even more beneficial. When it comes to glycemic index (GI), high-fiber, low-starch Sustagrain ranks among the lowest of commercially available grains, smoothing out spikes in blood glucose and insulin responses that may play a role in the development of Type 2 diabetes.

Functionality to Fit Your Formulation

Sustagrain is a superior choice for whole grain and high-fiber applications, and is available as a fine flour and quick flakes. Sustagrain boosts the fiber in breads, rice blends, hot and ready-to-eat (RTE) cereals, baked goods, bars, and more.

For technical assistance in formulating with Sustagrain, call (402) 595-4282.



Fine Flour



Quick Flakes

Applications	Benefits				
		Whole Barley	Whole Oats	Whole Wheat	Sustagrain
Breads	2-7 Times More Fiber				✓
Side Dishes	Highest Level of Soluble Fiber				✓
Baked Goods	Half the Starch				✓
Hot Cereals	Increased Satiety				✓
Cereal/Energy Bars	Improves Gastrointestinal Health	✓	✓	✓	✓
Soups	Lowers Cholesterol	✓	✓		✓
Nutraceuticals	High in Natural Antioxidants	✓	✓	✓	✓
Pastas	Lowest Glucose and Insulin Responses				✓
Tortillas					

Sustagrain® Barley

Physical Properties: Sustagrain is available as a fine flour and quick flakes. It is tannish-brown in color.

Storage: Store this flour in a clean, cool and dry area. Recommended storage conditions are < 75 degrees F and > 70 percent relative humidity.

Shelf Life: 12 months

Bag Code Identification: ConAgra Mills codes all bagged flour. Each bag is identified with the origin mill, month, day, year and shift packed.

Kosher Status : Rabbinical Authority: Kof-K. Kosher Certification: Parve.



Packaging: Available in 50-lb., multi-wall paper bags and tote sacks.

Information and Services: For a list of distributors in your area or for any other assistance, please call (800) 851-9618.

Nutritional Properties: Sustagrain is a high-fiber whole grain made from a proprietary, waxy, hullless barley.

Ingredients Declaration: Whole grain barley

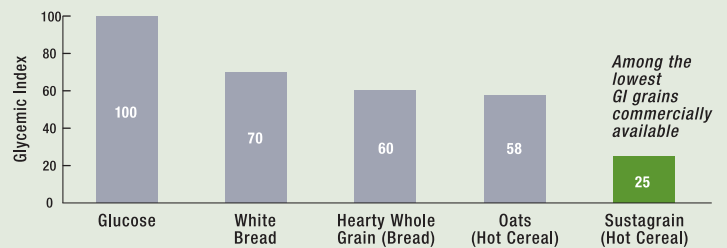
Sustagrain Barley Nutritional Data:

Reported on a 100g Basis*

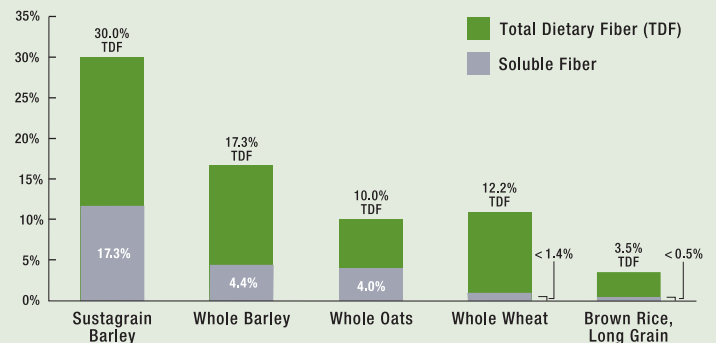
Calories	390	Vitamin A	0IU
Calories from Fat	60	Vitamin C	0mg
Fat	6.5g	Calcium	33mg
Saturated Fat	1.8g	Iron	3.6mg
Cholesterol	0g	Vitamin B1 (Thiamin)	0.6mg
Carbohydrates	64.3g	Vitamin B2 (Riboflavin)	0.3mg
Total Dietary Fiber**	30g	Vitamin B3 (Niacin)	4.6mg
Soluble Fiber	12g	Potassium	452mg
Protein	18g	Zinc	2.8mg
Sodium	12mg		

Macronutrients were analyzed by AOAC-approved methods. Composite commercial samples. These assays represent guidelines for product formulation and were run on a random basis. Growing conditions (weather and soil) can have an effect on values which are updated on an annual crop basis. Micronutrient values are from USDA National Nutrient Database, Release 18. Beta Glucan is 15g.

GLYCEMIC INDEX (GI) COMPARISON



SUSTAGRAIN VS. TRADITIONAL GRAIN SOURCES: Analysis of total dietary fiber components



Sources: USDA National Nutrient Database for Standard Reference, Release 18; J Agric Food Chem, 2001, 49: 2437; Cereal Chem, 1999, 76: 788; Cereal Chem, 2000, 77: 673; and ConAgra Foods Analysis.



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