

# RYE

## **SPECIFICATION**

- **Product Name** - Rye
- **Origin** - Southwestern Asia
- **Family** - Poaceae
- **Binomial name** - Secale Cereale

## **INGREDIENTS**

- **Nutrients** - 259 Calories, Total Carbohydrate - 48 g, Dietary fibre - 6
- **Minerals** - Copper, Magnesium, Phosphorous Thiamin, Riboflavin, Niacin, Folate, Pantothenic Acid
- **Vitamin** - Vitamin B6
- **Protein** - 9 g
- **Fats** - 3.3g

## **USES & BENEFITS**

Rye is said to help with weight loss. The type of fibre present in Rye tends to bind with water and makes one feel full so we end up eating less. - Rye is also said to make the digestive process much smoother, bulking up your stool and helping it move along the digestive tract faster. - Rye is also great for your immune system and is also said to be helpful to prevent asthma. -

Rye is said to be good for the heart and is recommended to many heart patients. - Rye is also used as the base for many whiskeys. It is also sometimes used to feed livestock.