

SUSTAINABILITY

EXPLORING & COOKING WITH SUSTAINABLE GRAINS

Eating a variety of plant-based foods is key to accomplish two goals: enhancing one's own microbiome which promotes better physical and mental health, and increasing the demand for plant-based foods to encourage the agricultural industry to cultivate a broader range of crops that ultimately increase the health of the soil, which increases the nutritional value of the foods themselves.

A great way to enhance diversity in our diet is by simply trying new grains – a versatile, nutritious, and often inexpensive, ingredient. Here are some to try out:



AMARANTH

Flavors: Earthy, peppery, herbal

Try it: Add amaranth to your rice to cook them together or add it as a crunchy topping.



BUCKWHEAT (A.K.A. KASHA)

Flavors: Bold, roasted, smoky

Try it: Add kasha to salads and grain bowls. Its flour can also be used in baked goods.



FONIO (A.K.A. FUNDI OR ACHA)

Flavors: Mild, subtly sweet and grassy

Try it: Add fonio to your rice to cook them together or add it to salad. It can also be made into a warm breakfast porridge.



TEFF (THE WORLD'S SMALLEST GRAIN!)

Flavors: Rich, malty, cocoa

Try It: Teff's sticky texture makes it ideal for polenta-like dishes or creamy breakfast cereals.



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