

FAQ's



feel Positively Good⁺

FAQ'S



What is Barley⁺?

Barley⁺ is a delicious new range of whole grain of healthy muesli and muesli bars that contain a unique and superior whole grain called BARLEYmax[™].

What is BARLEYmax[™]?

BARLEYmax[™] is a non-genetically engineered type of super whole grain currently grown in Australia, and contains more of the various different fiber types important for good gut function.

What are the different types of fiber?

We can group fiber types into three families: 1) insoluble; 2) soluble; and 3) resistant starch, which demonstrates fiber-like properties. The latter two play particularly important roles as prebiotics and it is these that often fall seriously short in our diets, especially resistant starch. They are all important for a healthy gut.

How do the different types of fiber in Barley⁺ work?

Some soluble fibers and also resistant starch (which demonstrates fiber-like properties) feed healthy bacteria in the gut and allow the good bacteria to flourish. Soluble fibers also help keep cholesterol levels and glycaemic index low and research suggests these fibers may also help keep you fuller for longer. Insoluble fiber helps keep you regular and prevents constipation.

Only Barley⁺ has increased levels of soluble fiber, insoluble fiber and resistant starch, all in the 1 whole grain and all working together at the same time. This makes Barley⁺ truly unique compared with other conventional high fiber cereal whole grains.

What are the results of good fiber intake?

An adequate intake of a mix of dietary fiber types can provide a range of nutrients important to optimal digestive function, such as: 1) soluble fiber for a positive effect on blood cholesterol and a reduction in glycaemic index responses; 2) insoluble fiber to help keep you regular; and 3) nutrients like resistant starch which demonstrates fiber-like properties and exhibits prebiotic activity for the good gut bacteria.

What are prebiotics?

Prebiotics are nutrients that nourish and feed the healthy bacteria that live in your gut. As the good bacteria grow under the nourishment of the prebiotic nutrients, they grow stronger and help push out the bad guys, making your gut stronger and healthier. The good gut bacteria help keep the cells lining the gut in good health.

What are probiotics?

Probiotics are beneficial bacteria that we consume, either as supplements or present in fermented foods like yogurt, cheese, kefir, miso, sauerkraut or kimchi.

Why is it important to feed your gut with good food?

Your gut microflora (gut bacteria population) is like a garden: it cannot flourish if you don't feed it good food and nutrients. The cells of your gut also need the good things the gut flora produce. These are called short chain fatty acids and they are incredibly important for good gut wellbeing. It all works in a cycle and it can all start with Barley⁺.

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What is the importance of whole grains?

We know that whole grain intake is linked to reduced risk of a range of chronic lifestyle related diseases. One of the main reasons for this is that whole grains are one of the key food sources of the various fiber types discussed here, but especially prebiotics!

Unfortunately, Americans are falling short on our intake of whole grains. **Only 7 percent of Americans eat the recommended amount of whole grains**, which is to consume 3 ounce-equivalents per day of whole grains for a 2,000-calorie diet - but the more the better!

One serve of Barley+ Muesli provides around 2 ounce-equivalents of whole grains to your daily intake. Barley+ can help Americans meet their recommended intake of whole grain foods.

How can Barley+ benefit me?

Just one serve of Barley+ Muesli delivers 2 ounce-equivalents of whole grains to your daily intake, putting you well on target to reaching your recommended daily intake. The wonderful mix of the different fiber types, including soluble fiber, insoluble fiber and resistant starch, which behaves a little like dietary fiber, feeds your good gut bacteria and helps to keep you regular, which in turn helps keep your gut healthy.

How much fiber is recommended?

The American Dietary Reference Intakes* state that an Adequate Intake (AI) of Total Fiber in foods is 38 grams/day for young men and 25 grams/day for young women, based on the intake level observed to protect against coronary heart disease. However, these actual fiber recommendations in grams don't help you understand which foods to eat to get the important fibers into your diet, nor how much of the different fiber types needed for optimal gut nutrition.

Therefore, choose foods broadly, and choose those you know contribute a mix of the different fiber types, such as Barley+, cooled potatoes, legumes and firm bananas. You should also aim to follow the recommendations outlined in The American Dietary Reference Intakes, as above.

Luckily, Barley+ provides a valuable mix of dietary fiber types all together in the one whole grain, and Barley+ can also contribute significantly to your total daily dietary fiber intake. Barley+ Muesli provides ~17 g total fiber/serve and a Barley+ Muesli Bar provides ~9 g total fiber/serve. **In this way, Barley+ makes it easier to reach your daily fiber intake needs.**

*Ref: The National Academies of Sciences, Engineering, Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients) <http://nap.edu/10490> Last accessed 06/14/2017.

Where does the QR code take me?

The QR code takes you to the Barley+ landing page www.barleyplus.com.au

My muesli box does not appear full?

Barley+ Muesli is sold by weight and not by volume. Therefore, even if your pack does not appear full, we can assure you that you're Barley+ Muesli contains the pack weight stated on pack

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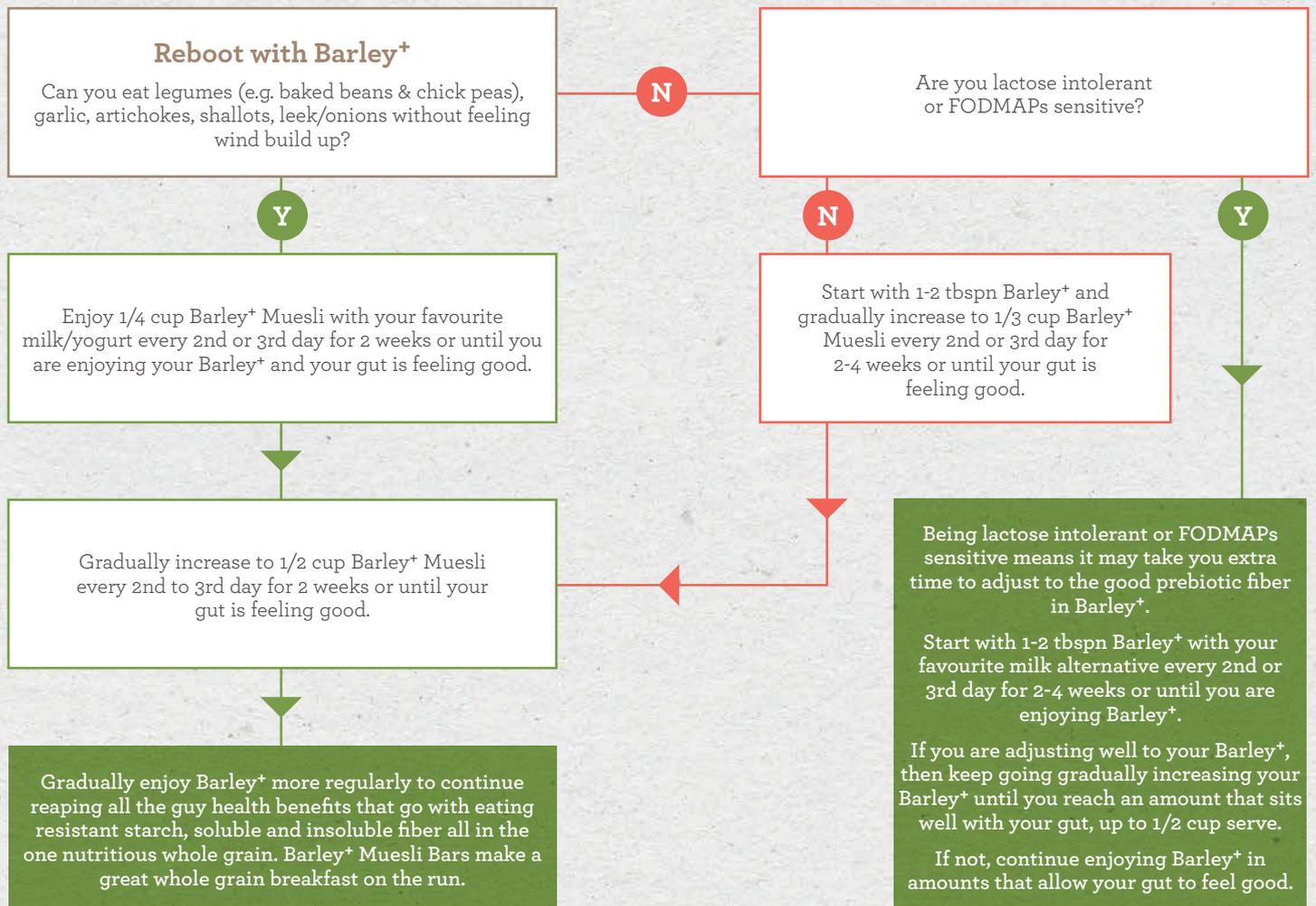
Barley+ Helpful Tips

As all the good prebiotic and other fiber types in Barley+ pass undigested into your large intestine, and as your good gut bacteria use these prebiotics as their own food to build up more of their own good kind, they produce some of their own 'wind' or 'gas'.

We've all been conditioned to think this 'wind' is a bad thing, but it can be an indication that the good gut bugs are fighting back. The trick is to introduce this good prebiotic fiber back into your diet slowly, to give the good gut bugs time to adapt to all the good stuff you're feeding them.

Follow our quick tips and step-by-step guide below, to reboot your gut in a way that's right for you

- Take it slow... It may take your digestive system time to get used to the quality fiber in Barley+;
- Stay hydrated when increasing your fiber intake, as it will help keep things moving;
- Keep active, to help you on your journey to feeling positively good;
- Barley+ is delivering a good serve of prebiotic fibers to your digestive system and as such, is feeding the good guys in your gut. Increasing prebiotic fiber can increase wind. It's normal, so hang in there, as it will settle. You just need to give your gut time to adapt;
- If you are finding the extra wind too much, reduce how much Barley+ you eat until your body slowly gets used to it... Below is a guide that may help.



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For more information go to www.barleyplus.com.au

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