

Reboot with Barley⁺

Can you eat legumes (e.g. baked beans & chick peas), garlic, artichoke, shallots, leek/onions without feeling wind build up?

N

Are you lactose intolerant or FODMAPs sensitive?

Y

Enjoy 1/4 cup Barley⁺ Muesli with your favorite milk/yogurt every 2nd or 3rd day for 2 weeks or until you are enjoying your Barley⁺ and your gut is feeling good.

N

Start with 1 to 2 tbsp Barley⁺ and gradually increase to 1/3 cup Barley⁺ Muesli every 2nd or 3rd day for 2-4 weeks or until your gut is feeling good.

Y

Gradually increase to 3/4 cup Barley⁺ Muesli every 2nd or 3rd day for 2 weeks or until your gut is feeling good.

Being lactose intolerant or FODMAPs sensitive means it may take you extra time to adjust to the good prebiotic fiber in Barley⁺.

Start with 1 to 2 tbsp Barley⁺ with your favorite milk alternative every 2nd or 3rd day for 2 weeks or until you are enjoying Barley⁺.

If you are adjusting well to your Barley⁺, then keep going. Gradually increase your Barley⁺ until you reach an amount that sits well with your gut, up to a 3/4 cup serving.

If not, continue enjoying Barley⁺ in amounts that allow your gut to feel good.

Gradually enjoy Barley⁺ more regularly to continue reaping all the gut health benefits that go with eating resistant starch, soluble and insoluble fiber all in one nutritious whole grain. Barley⁺ Muesli Bars make a great whole grain breakfast on the run.