

















**【DOMESTIC 16 MULTI GRAINS (All ingredients are made in Japan.)】**

9 March 2017

|    | Ingredients              | image   | Production area | feature  | notes   |
|----|--------------------------|---|-----------------|--|---------|
| 1  | Polished barley          |    | Fukuoka・Saga    | Includes abundant dietary fiber, and uses the whole grain so as not to damage its natural nutrient composition.  |         |
| 2  | Black rice               |    | Iwate・Akita     | The black pigment (anthocyanin) prevents arteriosclerosis, cancer and aging, has an analeptic and blood-forming effect.  |         |
| 3  | Rolled barley with germs |    | Fukuoka・Saga    | Rich in vitamin E and vitamin B complex, calcium, and has a diuretic effect. Dietary fiber is about 19 times more than white rice.   |         |
| 4  | Green skin brown rice    |    | Saga            | Compared with white rice, magnesium is about 7 times greater, phytic acid (ip6) is about 8 times greater, GABA is about 15 times greater.                                  |         |
| 5  | Glutinous brown rice     |    | Saga            | Has an effect for heating up the body, and for improving poor blood circulation.   |         |
| 6  | Red rice                 |    | Oita            | The red pigment (tannin) inhibits high blood pressure and apoplexy. It's the roots of rice and is said to be the origin of rice boiled with red beans.                     |         |
| 7  | Red beans                |    | Hokkaido        | Includes minerals of the vitamin B complex, potassium, phosphorus and zinc. Potassium has an effect on the discharge of sodium with urine.                                 | crashed |
| 8  | Rice shaped barley       |    | Fukuoka・Saga    | Dietary fiber is about 19 times more than white rice, and about 5 times more than sweet potato. Contains dietary fiber and an insoluble dietary fiber with a good balance. |         |
| 9  | Red sorghum              |  | Iwate・Akita     | It's low in calories and includes the same polyphenol as red wine. There is elasticity like ground meat, so it's also used as a substitution of ground meat.               |         |
| 10 | Corn                     |  | Hokkaido        | Abundant vitamin A and has an effect on the protection of skin cells, growth promotion, and eye fatigue.   |         |
| 11 | Barnyard millet          |  | Iwate・Akita     | The feature is good balance of minerals. Includes magnesium, zinc and phosphorus, and dietary fiber is about 8 times more than white rice.                                 |         |
| 12 | Glutinous foxtail millet |  | Iwate           | Abundant vitamin B1, B2 and potassium has an effect to boost internal organs, and on disordered digestion.   |         |
| 13 | Glutinous millet         |  | Hokkaido        | Includes phosphorus, potassium, iron, and has an effect on blood circulation. Has low calories and the zinc content is about 2 times more than white rice.                 |         |
| 14 | Glutinous barley         |  | Ehime           | A valuable grain called Phantom barley. Dietary fiber is about 8 times more than sweet potato, and about 10 times more than white rice.                                    |         |
| 15 | Amaranthus               |  | Iwate・Akita     | Compared with white rice, calcium is included about 28 times, iron and vitamin E are included about 50 times. Called a super cereal.                                       |         |
| 16 | Adlay                    |  | Toyama・Iwate    | Rich in protein, fat, iron, vitamin B1 and B2, has a skin-beautifying effect and Detoxifies.   |         |

| Nutrition facts (per 100g) |            |
|----------------------------|------------|
| Calories                   | 341.7 kcal |
| Protein                    | 8.2 g      |
| Total fat                  | 2.1 g      |
| Sugars                     | 66.9 g     |
| Dietary fiber              | 7.2 g      |
| Sodium                     | 1.8 mg     |
| Salt equivalent            | 0.004g     |