

SORGHUM A Functional Food



Sorghum provides functional attributes to both food applications and the health and nutrition of those enjoying it. Due to the unique carbohydrate and protein cross-linkages within the grain, sorghum maintains moisture and textural integrity better and longer than other cereal grains. This makes it ideal for use in soups and stews, batch cooking for foodservice and baked goods.

OBESITY^{1,2,3,4,5}

- Whole grain sorghum is an excellent source of fiber & protein; both of which research has shown to lead to lower body weight.
- Research has shown that antioxidants from pearly sorghum grain showed decreased fat absorption due to inhibited fat and carbohydrate digestion.

INFLAMMATION^{6,7}

- Sorghum has higher antioxidant levels and anti-inflammatory properties than blueberries.
- Research has shown that sorghum leaf extract has more anti-inflammatory properties than Ibuprofen.
- A serving of cooked whole grain sorghum is an excellent source of protein, zinc, selenium and copper, which may contribute to a healthy immune system.

DIABETES^{8,9,10}

- Whole grain sorghum is an excellent source of fiber, including high levels of resistant starch, which slow digestion and regulate blood sugar levels.
- Research shows that sorghum bran polyphenol extract improves blood glucose to a similar effect as diabetes medication.

HEART HEALTH^{11,12}

- Research has shown that sorghum contributes to healthy blood pressure and cholesterol levels.

CANCER¹³

- Abundant research has demonstrated a link between whole grain sorghum consumption and decreased risk of various cancers, including breast, esophageal and colon.

MENTAL HEALTH¹⁴

- Cooked whole grain sorghum is a source of tryptophan, an amino acid that research has shown may be an effective approach to decrease anxiety and increase positive mood in healthy individuals.

ANTIMICROBIAL^{15,16}

- An exciting area of research is looking at antimicrobial properties of sorghum in both airborne and foodborne illnesses.

Sorghum is an excellent source of 12 essential nutrients, naturally gluten-free and non-GMO. Whole grain sorghum is a natural source of antioxidants, which may help to lower your risk of cancer, diabetes, heart disease and some neurological diseases. In addition to the robust nutrition profile, sorghum provides exceptionally unique, abundant and diverse antioxidants, which research has linked to a variety of health and nutrition functional attributes.

Questions? Reach out to Lanier Dabruzzi, MS, RD, LD
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SORGHUM
Nature's Super Grain 

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