



Seven Whole Grains & Sesame™: Delicious Diversity

In 1984, Kashi® Company set out to find a healthful vegetarian protein source. After months of mixing grains and seeds, they discovered an energy-sustaining complex carbohydrate, protein and fiber source by mixing wheat, rice, oats, barley, triticale, rye buckwheat and sesame seeds – which became Kashi’s trademark *Seven Whole Grains & Sesame* blend.

Most *Kashi* cereals, including *Heart to Heart*®, *Seven in the Morning*™, *Kashi*® *Good Friends*™ Cereals, *Kashi*® *GOLEAN*® Cereals, Puffed *Kashi*®, Honey Puffed *Kashi*®, *Kashi*® Medley cereal, as well as *Kashi*® *TLC*™ - Tasty Little Crackers and *Kashi*® *GOLEAN*® Waffles, contain the *Seven Whole Grains & Sesame* blend.

Hard Red Winter Wheat

Whole-wheat berries come in two main varieties: winter wheat and spring wheat. Approximately three-fourths of the wheat grown in the United States is winter wheat, which is fall-planted and an unusually hardy winter grain crop. Hard red winter wheat is higher in protein and gluten than spring wheat. In the United States the wheat belt covers the Ohio Valley, the prairie states, Eastern Oregon and Washington; Kansas leads states in production.

Long Grain Brown Rice

It is estimated that half the world’s population subsists wholly or partially on rice. Rice is intimately involved in the culture, as well as the food ways and economy of many societies. In Bali, rice is considered a gift of the gods and is tied to elaborate rituals. Chinese tradition holds that “the precious things are not pearls of jade but the five grains,” of which rice is first.

Generally, rice comes in short, medium and long grain. Delicate in flavor, long grain brown rice is higher in protein than short.

Oats

Originally cultivated in Northern and Eastern Europe, oats are one of the few grains that grow well in a moister, colder climate. Also a valuable source of soluble fiber, fat and protein, oats add a natural sweetness to food.

Barley

Barley was the favorite grain of ancient civilizations. Sweet and nutty in flavor, barley is the fourth most widely grown grain in the world.

Curiously, it had the reputation for being a strength food; gladiators were called “hordearii” or “barley men,” because it was the chief component of their training diet.

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Triticale

Triticale is an extremely nutritious, natural cross between durum wheat and rye. First produced and sold commercially in the 1970s, it is higher in protein and more nutrient-rich than its parents.

Rye

A staple grain, rye became popular in medieval times. Due to its distinct taste, it is most appealing when combined with other cereal grains. Rye has good protein content and is low in gluten.

Buckwheat

Hearty in flavor, buckwheat is known for its characteristic triangular-shaped grain. It is generally thought of as a cereal, but it's actually a seed-like fruit closely related to rhubarb.

Sesame Seeds

Sesame seeds are one of the oldest edible seeds. They come in a variety of colors depending on the plant variety, including shades of brown, red, black, yellow and most commonly, a pale ivory. Sesame was once credited with mystic powers. "Open sesame" was the magical password used to open the treasure cave in the classic tale "The Thousand and One Nights." The phrase refers to the fact that ripe sesame seedpods open with a pop at the slightest touch.

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