

powerful + pairings

delicious + nutritious + ingenious

Power Your Plate with Sorghum

Sorghum and Nutrition¹

	EXCELLENT SOURCE	GOOD SOURCE
Fiber	33.5%	
Protein	29.68%	
Vitamin B6	36.48%	
Iron	26.13%	
Thiamin	38.73%	
Riboflavin		10.33%
Niacin	32.28%	
Pantothenic Acid		10.27%
Phosphorus	32.36%	
Magnesium	55.00%	
Zinc	21.25%	
Selenium	31.05%	
Copper	44.17%	
Manganese	97.39%	
Potassium		10.81%

Chart represents data for prepared/cooked sorghum.



What is Sorghum?

Sorghum is a plant-based powerhouse ancient grain that has stood the test of time and is the perfect “new” ingredient choice for today. It is versatile and can be eaten alone or added to your favorite recipes to add essential nutrients and add a pop of flavor. Drought-tolerant and environmentally-friendly, sorghum is The Resource-Conserving Ingredient™.



Sorghum is a natural source of antioxidants, which may help to lower your risk of cancer, diabetes, heart disease and some neurological diseases.^{2,3} 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.^{4,5} Sorghum is naturally gluten-free and non-GMO.



Sorghum and Versatility

Sorghum grain adds a hearty, nutty flavor to your favorite recipes. It can be cooked stovetop, in a slow cooker, a rice cooker, or oven. It can be eaten alone or added as an ingredient in salads or side dishes, in place of pasta or rice. Or, sorghum can be cooked like popcorn to create a quick, tasty, crunchy snack.



Sorghum and Sustainability

Sorghum is one of the most sustainable crops grown in America:

- + **Nationally, 91% of sorghum acres are rain fed**, which results in 1.5 trillion gallons of irrigation water savings per year.⁴
- + **Sorghum farmers' use of conservation tillage methods** in biofuel demand areas can reduce air quality-harming erosion by more than 75%.⁵
- + **Sorghum improves air quality** by removing carbon from the atmosphere and the stalks add nutrients back into the soil to improve soil health.⁶



Sorghum Meets USDA Challenge to Make Half Your Grains Whole

Sorghum comes in a variety of forms including whole grain, whole grain flour and popped, which help meet the MyPlate recommendation to make half of your grains whole.



Powerful Pairings that include pulses, sorghum, bread products and animal proteins dial up so much great taste, nutrition, and versatility that they make it easier to achieve more family meals.

Powerful Pairings, when consumed as part of family meals, will have a positive impact on overall health and well-being.

Research shows that family meals improve family cohesion, communication, and relationships, helping us prepare for uncertainty, manage difficult life moments, and celebrate simple joys together. It is not just eating together, but also preparing meals as a family favorably impacts health.^{2,3,4,5,6} Research also shows that people who frequently cook meals at home eat healthier and consume fewer calories.⁷ Discover *Powerful Pairings* when you're preparing and sharing your next family meal; sample a new variety of **pulses**, replace an ordinary side dish with **sorghum**, incorporate a delicious **grain food** and enjoy!

PowerfulPairings.com

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