

powerful + pairings

delicious + nutritious + ingenious

Power Your Plate with Sorghum

Sorghum and Nutrition¹

	EXCELLENT SOURCE	GOOD SOURCE
Fiber	✓	
Protein	✓	
Vitamin B6	✓	
Iron	✓	
Thiamin	✓	
Riboflavin		✓
Niacin	✓	
Pantothenic Acid		✓
Phosphorus	✓	
Magnesium	✓	
Zinc	✓	
Selenium	✓	
Copper	✓	
Manganese	✓	
Potassium		✓

Chart represents data for prepared/cooked sorghum.

What is Sorghum?

Grown as a grain, forage or sweet crop, Sorghum is similar to rice or quinoa and brings nutrients, texture, and great taste to foods. It is so versatile it can be eaten alone or added to your favorite recipes to increase fiber and other nutrients and add a pop of flavor. Drought tolerant and environmentally friendly sorghum is one of the most sustainable crops grown in America.



Certain types of sorghum grain are rich in antioxidants, which may help lower your risk of cancer, diabetes, heart disease and some neurological diseases.² Naturally gluten-free,³ sorghum is a perfect whole grain option for people who suffer from celiac disease or gluten sensitivities.



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 Meet USDA's Challenge to Make Every Bite Count!

Make Every Bite Count starts with a well-rounded plate. Eating a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives is key, but taste is also important. Nutritious and delicious combinations of pulses, pork and sorghum bring nutrients, textures, and flavors together to create *Powerful Pairings* that bring taste and balance to the plate to fuel the body and mind.



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

1. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169716/nutrients>
2. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169716/nutrients>
3. Niro, S., D'Agostino, A., Fratianni, A., Cinquanta, L., & Panfili, G. (2019). Gluten-Free Alternative Grains: Nutritional Evaluation and Bioactive Compounds. *Foods* (Basel, Switzerland), 8(6), 208. <https://doi.org/10.3390/foods806208>
4. <https://www.sorghumcheckoff.com/assets/media/pdfs/The-20Carbon-20Footprint-20of-20Sorghum.pdf>
5. <https://www.extension.purdue.edu/extmedia/ct/ct-1.html>, <https://www.sorghumcheckoff.com/assets/media/pdfs/The-20Carbon-20Footprint-20of-20Sorghum.pdf>
6. https://www.researchgate.net/publication/252099073_Crop_Rotation_and_Tillage_Effects_on_Organic_Carbon_Sequestration_in_The_Semiarid_Southern_Great_Plains
7. Horning ML, Fulkerson JA, Friend SE, Neumark-Sztainer D. Associations among Nine Family Dinner Frequency Measures and Child Weight, Dietary, and Psychosocial Outcomes. *J Acad Nutr Diet*. 2016;116(6):991-999.
8. Utter J, Denny S, Peiris-John R, Moselen E, Dyson B, Clark T. Family Meals and Adolescent Emotional Well-Being: Findings From a National Study. *J Nutr Educ Behav*. 2017;49(1):67-72 e61.
9. Leeman J, Crandell JL, Lee A, Bai J, Sandelowski M, Knaff K. Family Functioning and the Well-Being of Children With Chronic Conditions: A Meta-Analysis. *Res Nurs Health*. 2016;39(4):229-243.
10. Moens E, Braet C, Soetens B. Observation of family functioning at mealtime: a comparison between families of children with and without overweight. *J Pediatr Psychol*. 2007;32(1):52-63.
11. Patton SR, Piazza-Waggoner C, Modi AC, Dolan LM, Powers SW. Family functioning at meals relates to adherence in young children with type 1 diabetes. *J Pediatr Child Health*. 2009;45(12):736-741.
12. Wolfson JA, Bleich SN. Is cooking at home associated with better diet quality or weight-loss intention? *Public Health Nutr*. 2015 Jun;18(8):1397-406. doi: 10.1017/S136898014001943. Epub 2014 Nov 17. PMID: 25399031.

