

# Blueprint for Using Sorghum: A Versatile, Delicious, and Gluten-Free Grain

---

Lauren Harris-Pincus, MS, RDN  
Nutrition Starring YOU, LLC

On behalf of the United Sorghum Checkoff Program



**SORGHUM: THE  
SMART  
CHOICE®**



SM

**SORGHUM  
CHECKOFF**



***SORGHUM: THE  
SMART  
CHOICE®***

**What is Sorghum?**

# SORGHUM IS:

Sustainable

American  
Grown

Ancient  
Grain

Naturally high  
in iron  
and plant  
based protein

A good to  
excellent source  
of phytochemicals  
such as phenolic  
acids,  
anthocyanins and  
phytosterols

Gluten  
Free

Rich in antioxidants, which  
are believed to help lower the  
risk of cancer, diabetes, heart  
disease and some  
neurological diseases

Excellent  
Source of  
Dietary  
Fiber

Non-GMO

Full of  
policosanols  
that may have  
an impact on  
human cardiac  
health

***SORGHUM: THE  
SMART  
CHOICE®***



**SORGHUM: THE  
SMART  
CHOICE®**

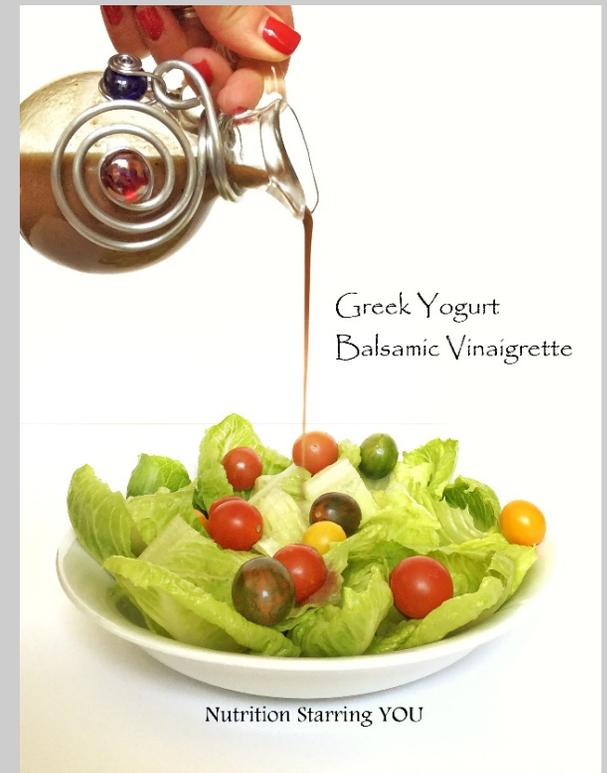
## How to enjoy sweet sorghum syrup as part of a balanced diet

Sorghum syrup is a natural sweetener that comes from juice squeezed from the stalks of certain sorghum varieties. It has a rich, dark color and consistency similar to molasses but with a milder taste.

A little goes a long way. Even 1 teaspoon can add great flavor to a dish.

The newly released USDA 2015 Dietary Guidelines recommend limiting added sugars in the diet to 10% of calories which works out to roughly 50 grams of sugar for a 2000 calorie diet.

1 Tablespoon of sorghum syrup provides 16 grams.



# **SORGHUM: THE SMART CHOICE®**

## **Nutritional Comparison of Sweet Sorghum Syrup vs Common Sweeteners**

<b>Per one Tablespoon serving</b>	<b>Sweet Sorghum Syrup</b>	<b>Honey</b>	<b>Agave Nectar</b>	<b>Maple Syrup</b>
<b>Calories</b>	<b>61</b>	<b>64</b>	<b>64</b>	<b>52</b>
<b>Sugars</b>	<b>16g</b>	<b>17g</b>	<b>14g</b>	<b>12g</b>
<b>Iron</b>	<b>.8mg 4%</b>	<b>.1mg 0%</b>	<b>.02mg 0%</b>	<b>.2mg 1%</b>
<b>Calcium</b>	<b>32mg 3%</b>	<b>1.3mg 0%</b>	<b>0mg 0%</b>	<b>13.4mg 1%</b>
<b>Magnesium</b>	<b>21mg 5%</b>	<b>.4mg 0%</b>	<b>0mg 0%</b>	<b>2.8mg 1%</b>
<b>Potassium</b>	<b>210mg 6%</b>	<b>11mg 0%</b>	<b>1mg 0%</b>	<b>40.8mg 1%</b>
<b>Manganese</b>	<b>.3mg 16%</b>	<b>0mg 1%</b>	<b>0mg 0%</b>	<b>.7mg 33%</b>
<b>Vitamin B6</b>	<b>.1mg 7%</b>	<b>0mg 0%</b>	<b>.048mg 3%</b>	<b>0mg 0%</b>

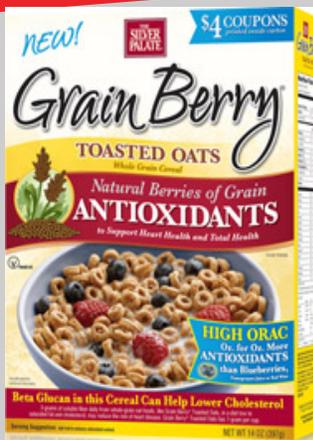
Source: Nutrient data for this table was provided by USDA SR-21

## How to prepare sorghum grain: tips and tricks

- \*Grain will approximately triple in quantity. Cook ½ cup of grain with 1 ½ -2 cups water/broth/milk or milk alternative
- \*Pearled variety will cook in about 35 minutes vs. 45 minutes to 1 hour for whole grain.
- \*Sorghum will maintain it's texture even when frozen and defrosted- it never gets soggy  
This makes it extremely versatile to incorporate into cooked dishes as well as salads.
- \*To save time, cook a large batch and freeze leftovers for easy defrosting on busy weeknights or for cooking demos in store.
- \*Use a slow cooker to prepare while you work or overnight. Cook once, eat twice!

# SORGHUM: THE SMART CHOICE®

## Products featuring sorghum



## Recipes incorporating Sorghum Grain, Syrup & Flour



**Strawberry Sorghum Parfait**



**Pumpkin Protein Pancakes**



**Roasted Pepper and Goat Cheese  
Sorghum Salad**

**SORGHUM: THE  
SMART  
CHOICE®**

## Sorghum Lunches and Side Dishes



**Sorghum Chicken and Veggie  
Lettuce Wraps**



**Sorghum with Apples, Pine Nuts  
and Raisins**



**Balsamic Tuna and Sorghum Salad**

## Breakfast and Dessert



**Apple Cinnamon Sorghum Bake**



**Roasted Pears with Dried Plums and Pistachios**



**Blackberry Ricotta Breakfast Sorghum**

## 10 Reasons to Try Sorghum

- 1. Versatile** – Sorghum is an extremely versatile grain that you can serve like rice or quinoa. Try sorghum for breakfast, lunch, dinner and snacks your whole family will love. Add a new twist to your favorite meals.
- 2. Nutritious** – Sorghum grain is packed full of nutrients including: Protein, Iron, Vitamin B6, Niacin, Magnesium, Phosphorus and Fiber
- 3. Energy** – Fuel your body with a high-energy grain. Sorghum contains 10 percent plant based protein, nearly 75 percent complex carbohydrates and is rich in B-complex vitamins to help you feel fuller longer and power you through your day.
- 4. Easy to use** – You can cook sorghum grain using your stovetop, slow cooker, oven, rice cooker or whatever option you prefer to prepare your favorite meals. Plus, sorghum can be frozen and reheated without losing its great taste.

## **Reasons to Try Sorghum (cont.)**

---

- 5. Antioxidant-rich** – Certain types of sorghum grain are rich in antioxidants, which may help lower the risk of cancer, diabetes, heart disease and some neurological diseases.
- 6. Digestive health** – Sorghum grain provides an excellent source of dietary fiber, which greatly improves digestive health.
- 7. Blood pressure** – High in potassium and low in sodium, sorghum grain promotes healthy blood pressure.
- 8. Eco-friendly** – Because sorghum grain uses less water to grow, it's good for you and the environment.
- 9. American-grown** – Sorghum grain is grown right here in America which supports U.S. farmers and the economy.
- 10. Celiac safe** – Sorghum is naturally gluten-free and safe for people who suffer from celiac disease or gluten intolerance.

**SORGHUM: THE  
SMART  
CHOICE®**

**Thank you!!**

---

**Questions??**

**For more recipes and information go to**

**[www.SorghumCheckoff.com](http://www.SorghumCheckoff.com)**

**And**

**[www.NutritionStarringYOU.com](http://www.NutritionStarringYOU.com)**

*\*Remember to include sorghum in your Whole Grain  
Sampling Day in-store demos on March 30, 2016*