

82 WORDS, 30 SECONDS

TRY SAMPLING SORGHUM

More and more Americans are happy to discover how good the grain sorghum (SORR-gum) can taste. They're often even more pleased to learn how good it can be for them. Sorghum is grown throughout the United States. It's used like wheat in cooking and baking but unlike many grains, does not contain gluten, a substance not tolerated by those with celiac disease. Also, it offers slow digestibility and a lower glycemic index than many foods. Learn more at 5-o-r-g-h-u-m-check-off--dot--com.