



**The Unexpected Superfood.**

## **Press Kit**

Press Release

Fact Sheet

FAQ

Images



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## **Hakubaku brings Japanese superfood Mochi Mugi Pearled Barley to the US Market.**

*Mochi Mugi the number one selling Barley brand is bringing the Japanese cultural diet centered around healthy eating to the western kitchen.*

**Huntington Beach, CA:** Hakubaku, Japan's top producer of food barley and mixed grain, launched Mochi Mugi ([www.MochiMugi.com](http://www.MochiMugi.com)) to the US market last month. In health conscious Japan, kokumotsu, or grains, are traditionally consumed almost daily to support a well-balanced diet responsible for good health. Barley, the most nutritious kokumotsu, is among the world's healthiest foods, containing dense amounts of fiber, vitamin B1, phosphorus, vitamin B3, and a protein content comparable to quinoa, making barley one of the world's greatest superfoods. Mochi Mugi has a nutty flavor and a chewy pasta like consistency.

The health benefits of barley are numerous, from helping lower cholesterol and regulating blood sugar to promoting healthy digestion and weight loss. Mochi Mugi contains pure pearled barley high in both soluble and insoluble fiber. Both of which are important aspects for ideal health. Not only does Mochi Mugi provide superior health benefits over traditional barley, but it vastly reduces the preparation time. Mochi Mugi is prepared like pasta in 15-20 minutes compared to the 45-60 minutes for traditional barley.

Mochi Mugi can be consumed on its own or added to many foods and recipes to enhance their flavor, texture and, most importantly, health benefits. It is popular with adults and kids for its pasta-like consistency. In Japan it is common to combine it with white rice for added flavor and nutritional value. This is called "Mugi Gohan," and it is a traditional part of the Japanese healthy diet.

Mochi Mugi is available online at [www.MochiMugi.com](http://www.MochiMugi.com) in a [12.6 oz box for \\$10.99](#), [two 12.6 oz boxes for \\$18.99](#), [three 12.6 oz boxes for \\$27.99](#), or [four 12.6 oz boxes for \\$35.99](#). For more information visit [www.MochiMugi.com](http://www.MochiMugi.com).

### **About Hakubaku:**

Since its foundation, Mochi Mugi's parent company, [Hakubaku](#), has deepened and enhanced its knowledge and skills in kokumotsu over the last 70 years, which lead Hakubaku to No.1 producer of food barley and mixed grain in Japanese market. And now Mochi Mugi USA's Tomohiro Matano aims to bring this cultural diet centered around eating healthy and delicious kokumotsu as staple foods into the western kitchen.



## Fact Sheet



**Product:** Mochi Mugi Barley

**Package Size:** 12.6 oz.

**Availability:** Nationwide from [www.MochiMugi.com](http://www.MochiMugi.com)

**Retail Price:** \$10.99 + Free Shipping

**Background:** In Japan, kokumotsu, or grains, are traditionally consumed almost daily to support a well-balanced diet for good health. Since its foundation, Mochi Mugi's parent company, Hakubaku, has deepened and enhanced its knowledge and skills in kokumotsu over the last 70 years, which lead Hakubaku to No.1 producer of food barley and mixed grain in the Japanese market.

And now Mochi Mugi USA's Tomohiro Matano aims to bring this cultural diet centered around eating healthy and delicious kokumotsu as staple foods into the western kitchen.

### Health & Nutrition :

Of the most nutritious kokumotsu, barley, rates among the world's healthiest foods containing dense amounts of fiber, vitamin B1, phosphorus, vitamin B3, and its protein content is comparable to quinoa.

From helping lower cholesterol and regulating blood sugar to promoting healthy digestion and weight loss, barley's health benefits are extensive and aid in an ideal dietary lifestyle prominent in health conscious Japan.



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## Key Facts

- Barley is a superior superfood when it comes to nutrients that your body needs.
- Outdoes traditional barley in fiber & calcium.
- High in soluble & insoluble fiber, beta glucan, vitamin B1 & B3, lignans, selenium & magnesium
- Extensive health benefits: lowers cholesterol, regulates blood sugar, promotes healthy digestion & weight loss.
- Prepares like pasta in 15-20 min.
- Can be prepared alone or added to many recipes.





## FAQs

### Our Product and Health and Nutrition

#### 1. What is Barley?

Barley, a superfood, is a high-fiber high-protein refined grain with a rich nutty flavor and a chewy pasta-like consistency. Actually, Barley is one of the oldest grains in the world.

#### 2. How does Mochi Mugi Barley differ from other barley?

Mochi Mugi, a pearled barley is a newly developed barley varietal. Mochi Mugi's varietal tends to contain more soluble and insoluble fiber and has a much different starch composition. While regular barley's starch consists of both Amylose and Amylopectin, Mochi Mugi's starch is mostly Amylopectin.

Additionally, while traditionally barley takes 45-60 min to prepare Mochi Mugi only takes 15-20.

See also: [Barley Nutrition Showdown: Mochi Mugi vs. Conventional Barley](#)

#### 3. Why is Mochi Mugi a superior grain?

Mochi Mugi barley is a low-glycemic grain that is high in both soluble and insoluble fiber.

**Why Mochi Mugi Barley?**

Barley makes it easy to have benefits of both soluble and insoluble fiber in one. Soluble fiber works to lower cholesterol and regulate blood glucose levels, while insoluble fiber helps improve bowel movement.

	Insoluble Dietary Fiber	Soluble Dietary Fiber
Brown Rice	2.3	0.7
Oat Meal	6.2	3.2
Quinoa	6.25	1.01
Conventional Barley	2.7	6
<b>Mochi Mugi</b>	<b>4.1</b>	<b>8.9</b>

Mochi Mugi Barley's great benefit is shorter cooking time. You can cook Mochi Mugi as if you were cooking pasta and it requires only 15 - 20 minutes. It addressed inconvenience of longer cooking time for conventional Pearled Barley.



For more information, read: [Soluble and Insoluble Fiber: What's the Big Difference?](#)

#### 4. What is a Superfood? And what makes Mochi Mugi Barley a Superfood?

A Superfood's nutrient make-up is higher than that required by the body for basic survival. And are rich in phytochemicals which contain disease fighting properties.

Mochi Mugi barley is packed with fiber, iron, vitamins B and E, iron, magnesium and selenium.

For more information see: [Healthiest Rice in the World? Add this for a Superfood Power Punch](#)

#### 5. What is a Functional Food? And what qualifies Mochi Mugi Barley?

A Functional Food provides a function beyond basic nutrition often relating to health promotion and disease prevention.

Mochi Mugi Barley contains many of beneficial nutrients such as soluble and insoluble fiber, beta glucan, magnesium, selenium, lignans and vitamins B1 and B3.

For more information about how these nutrients impact your body, see : [What Benefits Make Barley a Functional Food?](#)

#### 6. What are the health benefits of Mochi Mugi Barley?

Mochi Mugi Barley is a low fat, low-glycemic index, superfood and functional food packed with nutrients and soluble and insoluble fiber. It can lower cholesterol, regulate blood sugar, promote healthy digestion and weight loss, lower glucose levels and blood pressure as well as help control bowel related health problems.

For more information on the health benefits of Mochi Mugi Barley see:

- [Soluble Fiber: The Solution for Better Cholesterol](#)
- [Cheerios Heart Healthy Marketing Impact Now Pushing Beta-Glucans](#)

#### 7. What is are the nutritional values for Mochi Mugi Barley?

Nutrition Facts		% Daily Value*		Vitamin A 0%		• Vitamin C 0%	
Serving Size 1 packet (60g)		Total Fat 1g	2 %	Calcium 2%		• Iron 6%	
Servings Per Container 6 packets (360g)		Saturated Fat 0g	0 %	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Amount Per Serving		Trans Fat 0g		Calories: 2,000 2,500			
Calories 220		Cholesterol 0mg	0%	Total Fat	Less than	65g	80g
Calories from Fat 10		Sodium 0mg	0%	Saturated Fat	Less than	20g	25g
		Total Carbohydrate 45g	15%	Cholesterol	Less than	300mg	300mg
		Dietary Fiber 7g	28%	Sodium	Less than	2,400mg	2,400mg
		Sugars Less Than 1g		Total Carbohydrate		300g	375g
		Protein 7g	14%	Dietary Fiber		25g	30g
				Protein:		50g	63g
				INGREDIENTS: PEARLED BARLEY			



## 8. How can Mochi Mugi Barley help with weight loss?

Barley, which is low in fat, is full of soluble fiber which helps control the appetite. It absorbs water and makes you feel full on less, reducing your likelihood of overeating. Being a low glycemic index food, Mochi Mugi Barley will help to regulate your blood sugar and keep it from spiking.

## 9. Is it GMO Free?

Yes, our products are GMO Free.

## 10. Is it MSG Free?

Yes. None of our products contain MSG.

## 11. Is it Gluten Free?

Barley does contain some gluten, so it's not a grain advised for those with gluten intolerance.

## 12. Where can I buy Mochi Mugi Barley?

Mochi Mugi Barley comes in 12.6 oz boxes and can be bought from our exclusive online store. We are happy to offer free shipping. **You can purchase Mochi Mugi Barley at:**

<https://www.mochimugi.com/products/mochi-mugi-barley>

## Preparation & Usage

### 1. How long does it take to prepare Mochi Mugi Barley?

Mochi Mugi Barley can be prepared in 15-20 minutes. Unlike traditional barley which takes 45-60 min.

### 2. Can I mix rice and Mochi Mugi Barley?

Yes! Mochi Mugi Barley is processed to pair perfectly with the white rice flavor, and it makes a great dish when mixed together because it provides the perfect balances flavor, texture, and appearance. By adding one pack of Mochi Mugi barley to a 1/2 cup of long grain white rice, you go from 6.5 grams of protein to 13.5 g and total dietary fiber goes from 1 gram to 8.

In addition you're adding even more benefits such as B vitamins and calcium, all while keeping fat down to less than 2 grams.

For more information see: [Healthiest Rice In The World: Add This for a Superfood Power Punch!](#)

### 3. How do I prepare Mochi Mugi Barley?

Mochi Mugi Barley is prepared like pasta.

- Boil water in a pot.
- Pour Mochi Mugi into the boiling water.
- Reduce the heat to medium.



- Simmer for 15-20 minutes until tender.
- Drain in a colander.

#### **4. How do I prepare Mochi Mugi Barley with Rice? Can I use a rice cooker?**

Yes.

- Measure rice.
- Add regular water amount for rice cooking.
- Add Mochi Mugi packets depending on rice amount: about 1 packet per 1 cup of rice
- Add 4 fl. Oz. (120 ml) water per 1 packet Mochi Mugi.
- Follow your usual stove top method or rice cooker setting.

#### **5. How long can I keep prepared Mochi Mugi Barley in the refrigerator?**

3-4 days in a refrigerated covered container, but it is possible to keep longer depending on method of storage. Beyond 3 days, grains may become dehydrated.

#### **6. Can I freeze already prepared Mochi Mugi Barley?**

Yes

## **Serving Mochi Mugi**

### **1. How can I serve Mochi Mugi Barley**

There are endless ways to prepare Mochi Mugi Barley. It can be used in main courses, side dishes, breakfast dishes, risotto, soups, stews, salads the list is endless. It can be as simple as combining Mochi Mugi Barley with white rice. For a few recipes to get you started download our [free recipe book](#).

### **2. What are some quick & easy preparation ideas if I don't have time for a recipe?**

You can prepare Mochi Mugi barley according to package directions and mix with white rice, add vegetables. You can also easily use it in place of or add to recipes already in your repertoire.



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## Images



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