



Bulgur Facts

- Bulgur (pronounced “BUHL-gur”) is whole wheat that has been cooked in water, dried, and ground. It has a nutty taste. It’s fast and easy to prepare! Put the bulgur in a bowl. Pour hot water over it. Cover it, and wait ten minutes.
- One cup of bulgur has 8 grams of fiber. That’s 8 times more fiber than a slice of white bread or a cup of white rice! Bulgur’s also packed with B vitamins, iron, and magnesium.



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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