

## Grass as Food



The human diet includes many grains, and grains are the seeds of grasses. Grains play an important role in the human diet all over the world, with grasses such as rice, wheat, corn, barley, oats, rye and millet being some of the best known.

Here is some general information on the role grains play in our diet:

[Grain Nutrition Information from the USDA](#)

[Go With the Grain](#) (Grain Foods Foundation)

[Health Gains from Whole Grains](#) (Harvard School of Public Health)

Rice grower Chris Isbell (left) and Agricultural Research Service's (ARS) Bob Dilday check a field of Akita Komachi rice. ARS photo by Keith Weller. Image Number K7577-2

---

## Grasses for Livestock



Grass is a natural food for many animals in the natural world. With the development of agriculture and the domestication of animals came the concepts of pastures and forage crops. Through the course of human history, farmers have noted what grasses and other plants produce the best results both for their animals and for the land. More recently, scientists have developed specialized grasses to maximize animal nutrition and minimize the need for irrigation, pesticides and fertilizers.

Here are some resources on grasses used as forage:

[Forage Grasses and Legumes](#)

[Forage Species](#)

Why can cows live on grass, but we can't? [Ask a Scientist!](#)