



## Wholegrains as part of a healthier diet

It was previously thought that eating plenty of grains protected our health because grains are high in fibre. We now know that fibre is only a small part of the grain. Research is now showing that the whole grain is important for health, not just the fibre. When making food choices, it is important that you understand the difference between 'whole grain' and 'high fibre'.

### How can whole grain improve health?

Studies have shown that a diet rich in wholegrain, and not simply fibre, may prevent or control diseases such as Heart Disease, Diverticulitis, Type 2 Diabetes, Cancer (especially of the bowel), Overweight and Obesity. Including whole grains as part of your diet will provide you with many nutrients.

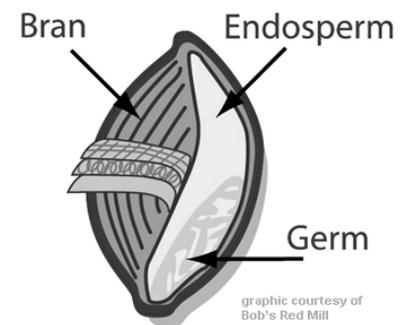
### What exactly does a whole grain give you?

The wholegrain is composed of several parts including the bran, the germ and the endosperm. Each of these parts provides important and different nutrients.

For example, the bran contains most of the fibre, while the germ contains Vitamin E and healthy fats. Therefore is not enough to eat foods rich in bran alone.

Wholegrains are rich sources of protein, fibre, Vitamin E, B-Vitamins, calcium, zinc, magnesium, iron, unsaturated fats, antioxidants and phytochemicals.

Like fruit and vegetables, it is the package that is healthy.



### How can you tell wholegrain from refined grain foods?

Look at the food label and examine it carefully when you are shopping! A 'wholegrain food' will have more than half of its weight as whole grains. Therefore, the biggest ingredient will be the grain (e.g. wheat, rice, and oats). It should be the first ingredient mentioned.

You can also look out for the word 'whole' on the packaging, but be careful as some food labels and packages are misleading.

Examples of whole grain foods and flours to look out for are

Amaranth, Barley (lightly pearled), Brown and Coloured Rice, Buckwheat, Bulgur, Corn and Whole Cornmeal, Emmer, Farro, Grano (lightly pearled wheat), Millet, Oatmeal and Whole Oats, Popcorn, Quinoa, Sorghum, Spelt, Triticale, Whole Rye, Whole or Cracked Wheat, Wheat Berries, and Wild Rice.

All of these individual grains will give you an assortment of different nutrients that can improve your health!



### How do you add wholegrains to your diet?

Adding wholegrains to your diet is quite easy.

As well as being healthy, grains can add texture, taste and variety to your diet. Try to avoid highly refined or processed foods. We are learning more and more that these are bad news for health. Go for brown unprocessed food as much as possible.



#### **Breakfast Ideas**

- A wholegrain breakfast cereal – check the label closely
- 1 cup cooked porridge or ½ cup natural muesli
- A toasted wholegrain English muffin with baked beans
- Wholegrain bread toasted with poached egg

#### **Lunch Ideas**

- A sandwich made with 2 slices of wholegrain or dark rye bread, filled with salad and cold meat
- 5 medium-sized wholegrain crackers with cottage cheese and tomato
- Buckwheat (or bulghar wheat)



#### **Dinner Ideas**

- Vegetable curry with brown rice
- A casserole made with vegetables, peas, beans and unpearled barley

#### **Snack Ideas**

- A handful of homemade popcorn
- Two slices of fruit and rye bread, toasted