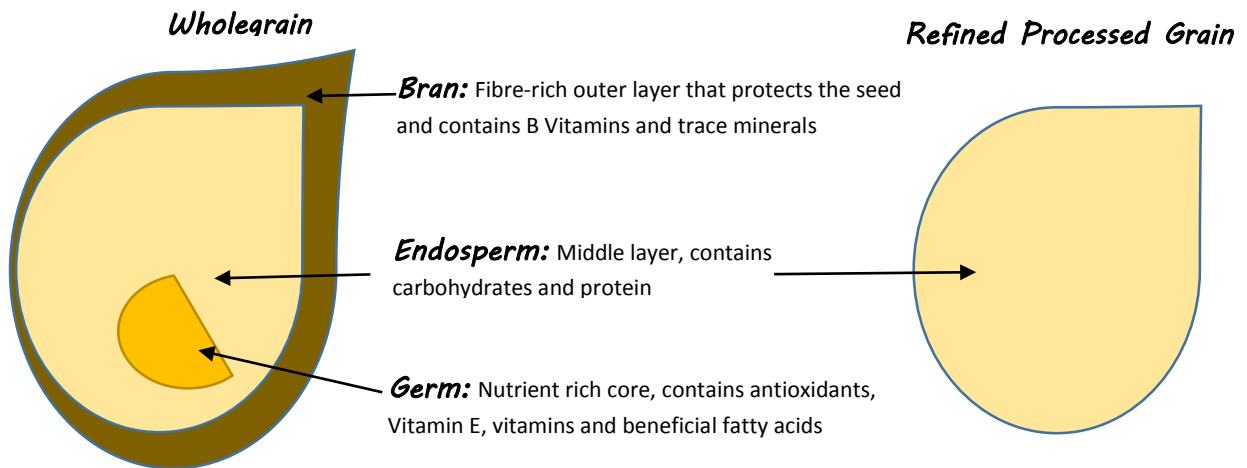


What is a Wholegrain?

Wholegrains contain all parts of the grain: the endosperm, germ and bran.

During the refining process grains are stripped of their bran and germ, thereby depleting many biologically active nutrients and constituents, including fibre, antioxidants, B vitamins, minerals and phytochemicals.

You can use whole grains in their natural state or find them in many other forms (eg cracked, crushed, ground or rolled), which should deliver the same rich balance of nutrients that are found in the original seed.



Types of Wholegrains

- Amaranth * (gf)
- Barley
- Buckwheat * (gf)
- Farro
- Kamut
- Millet * (gf)
- Rye
- Spelt
- Wheat
- Brown or Wild rice (gf)

*Note: amaranth, buckwheat and quinoa are not a true grain, however they are included in this list because their nutritional profile, preparation and use are so similar

gf= gluten free

Benefits of Wholegrains

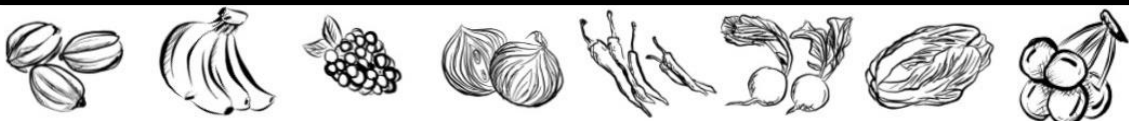
Wholegrains contain many different phytochemicals that have been linked to significant health benefits. These phytochemicals include:

Lignans- can lower the risk of coronary heart disease, and regress or slow some cancers.

Phytic acid - reduces the glycaemic index (GI) of food, which is important for people with diabetes, and helps protect against the development of cancer cells in the colon.

Saponins, phytosterols, squalene, oryzanol and tocotrienols - have been found to lower blood cholesterol.

Phenolic compounds - have antioxidant effects.



Do they taste different?

Wholegrains are generally chewier than refined grains and have a nuttier, fuller flavour. You and your family may find this unfamiliar at first. But after a month or two, refined grains may start to taste very plain and uninteresting by contrast. Stick with it until your palate adjusts, and reap the health benefits.

Eating wholegrains instead of refined grains can lead to:

- Reduced risk of stroke
- Reduced risk of cardiovascular disease
- Reduced risk of type 2 diabetes
- Reduced risk of colon cancer
- Better weight management
- Healthier blood cholesterol levels
- Healthier blood pressure levels
- Reduced risk of inflammatory disease
- Improvement of insulin sensitivity

REFINED GRAINS DO NOT HAVE THE SAME BENEFITS!

Easy Ways to Enjoy Wholegrains

You can easily add wholegrains into your diet, using favourite recipes you've always enjoyed. Try:

Using whole wheat or spelt flour in your regular recipes for muffins, pancakes and breads.

Replace 'quick oats' with whole rolled oats for your morning porridge or muesli.

Use cooked wild rice or barley for stuffings

Add any whole grains to your home-made soup.

Add one cup of uncooked rolled oats for every kilo of minced meat when you make meatballs or burgers.

Stir a handful of rolled oats in your yogurt for a quick crunch.

Make your risotto with brown rice, barley, millet or quinoa.

Add cooked wholegrains to any salad.

Try wholegrain breads.

Look for cereals made with wholegrains.

Use quinoa or millet instead of cous-cous.

Make your own sushi rolls with brown rice, quinoa or millet.

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