
WHOLE GRAINS

Give your health a boost!

What is a Whole Grain?

Whole grains contain the bran, endosperm, and germ of a grain kernel. Refined grains usually contain only the endosperm.

There are lots of nutrients in the bran and germ, and removing them often leads to a less nutrient-dense final product. Sometimes refined grain foods can be fortified with a few of the nutrients they lost, but that's not always the case.

According to the study, *The role of whole grains in disease prevention*, "Whole-grain foods are valuable sources of nutrients that are lacking in the American diet, including dietary fiber, B vitamins, vitamin E, selenium, zinc, copper, and magnesium."

These nutrients are key to good health.

Whole Grains and You:

The Dietary Guidelines for Americans maintain, "Moderate evidence indicates that whole grain intake may reduce the risk of cardiovascular disease and is associated with a lower body weight. Limited evidence also shows that consuming whole grains is associated with a reduced incidence of type 2 diabetes." JL Slavin, author of the study *Whole grains, refined grains and fortified refined grains: What's the difference?* supports this assertion, writing, "Epidemiological studies find that whole grains are more protective than refined grains in the prevention of chronic disease."

Make at least half the grains you eat whole grains, every day!

