



Whole Grains Versus Refined

Adapted from: <http://www.mayoclinic.com/health/whole-grains/NU00204>

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Whole grains	Refined grains
<ul style="list-style-type: none"> ■ Barley ■ Brown rice ■ Buckwheat ■ Bulgur (cracked wheat) ■ Millet ■ Oatmeal ■ Popcorn ■ Whole-wheat bread, pasta or crackers ■ Wild rice 	<ul style="list-style-type: none"> ■ Corn flakes ■ Couscous ■ Enriched macaroni or spaghetti ■ Grits ■ Pretzels ■ White bread (refined) ■ White rice

Whole grains : haven't had their bran and germ removed by milling, making them better sources of fiber . Bran and germ are the part of plant-based foods that your body doesn't digest. Among many health benefits, including improved digestive health, a high-fiber diet also tends to make a meal feel more filling and curbs hunger.

When choosing grains to add to your diet, pick whole grains as often as possible to increase both fiber and nutritional content.

Adapted from : <http://www.mayoclinic.com/health/whole-grains/NU00204> ; <http://lovewalk.buzznet.com/user/journal/1229691/>

Refined grains: such as white rice or white flour, have both the bran and germ removed from the grain. Although vitamins and minerals are added back into refined grains after the milling process, they still don't have as many nutrients as whole grains do, and they don't provide as much fiber.

New on the Market: white whole-wheat bread . It looks and tastes like white bread but has the same nutritional benefits as regular whole-wheat or whole-grain bread. Regular whole-wheat bread is made with red wheat, which is dark in color and has a slightly bitter taste. White whole-wheat bread is made with an albino variety of wheat, which is lighter in color and has a sweeter, milder flavor. To get a softer texture, the whole grains of albino wheat go through an extra processing procedure.

Easy Ways to add Whole Grains to Your Diet

- Enjoy breakfasts that include high-fiber cereals, such as bran flakes, shredded wheat or oatmeal.
- Make hearty, healthy whole grain granola with oats, dried fruit, and your favorite nuts. Keep pre-measured bags handy to grab and go, then store at your desk and in your car. Add to your children's lunch-boxes as their special treat.
- Substitute whole-wheat toast or whole-grain bagels for plain bagels. Substitute low-fat, multigrain muffins for pastries.
- Make sandwiches using whole-grain breads or rolls.
- Expand your grain repertoire with whole-grain complements, such as kasha, flax, brown rice, wild rice, bulgur or whole-wheat tortillas.
- Feature wild rice or barley in soups, stews, casseroles and salads.
- Add whole grains, such as cooked brown rice or whole-grain bread crumbs, to ground meat or poultry for extra body.
- Use rolled oats or crushed bran cereal in recipes instead of dry bread crumbs.

Toast grains to bring out their nutty flavor before adding them to recipes