

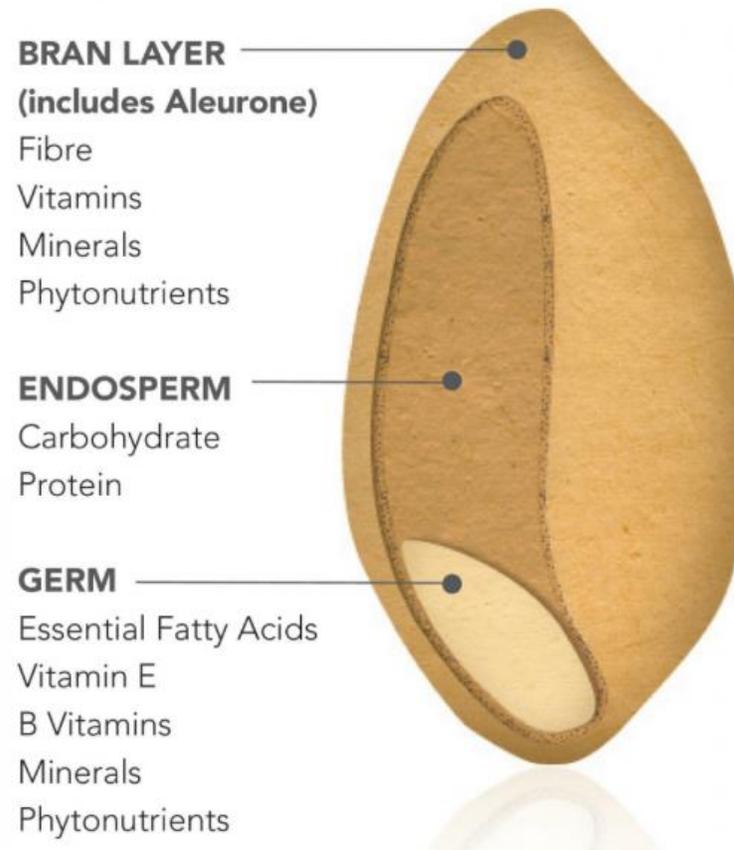
# Whole Grains



**Deaconess**  
WEIGHT LOSS  
SOLUTIONS

# What is a Whole Grain?

- ▶ A whole grain is a plant that is harvested and used to make various products such as bread, pasta, and other foods
- ▶ The anatomy of a whole grain includes all parts of the grain which is why it is referred to as “whole”
- ▶ The three parts of the grain are:
  - ▶ 1. Bran
  - ▶ 2. Endosperm
  - ▶ Germ
- ▶ The photo to the right shows you what each part of the grain contains



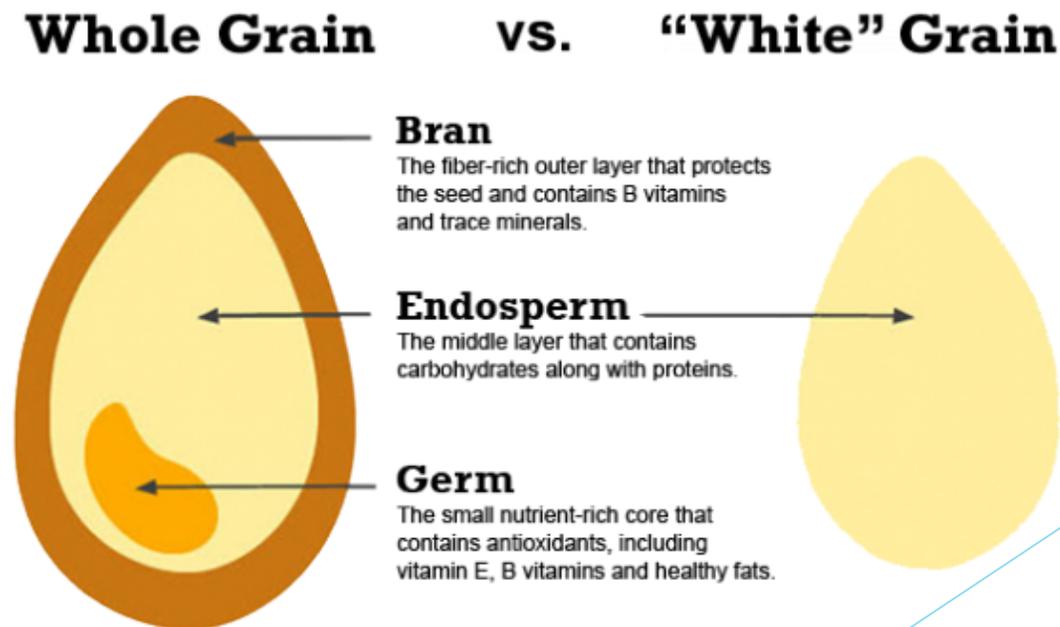
# Whole Grain vs. Refined Grain

- ▶ You're probably thinking: "Why are whole grains important, and why should I be eating them?"
- ▶ **Whole Grains:**
- ▶ 1. Are high in B vitamins and minerals
- ▶ 2. Contain numerous phytonutrients and antioxidants which help fight against diseases such as cardiovascular disease and type II diabetes
- ▶ 3. Are rich in soluble fiber which can help lower LDL "bad" cholesterol, and is beneficial for a healthy GI tract
- ▶ 4. Whole grains may improve insulin metabolism and may help with blood sugar control
- ▶ 5. Have been found to be beneficial with weight control



# Whole Grain vs. Refined Grain (Continued)

- ▶ A refined grain undergoes a process in which the bran and germ are removed, this leaves behind only the endosperm
- ▶ This results in a loss of:
  - ▶ 1. Vitamins, minerals, and phytochemicals that help fight disease
  - ▶ 2. Protein
  - ▶ 3. Dietary fiber



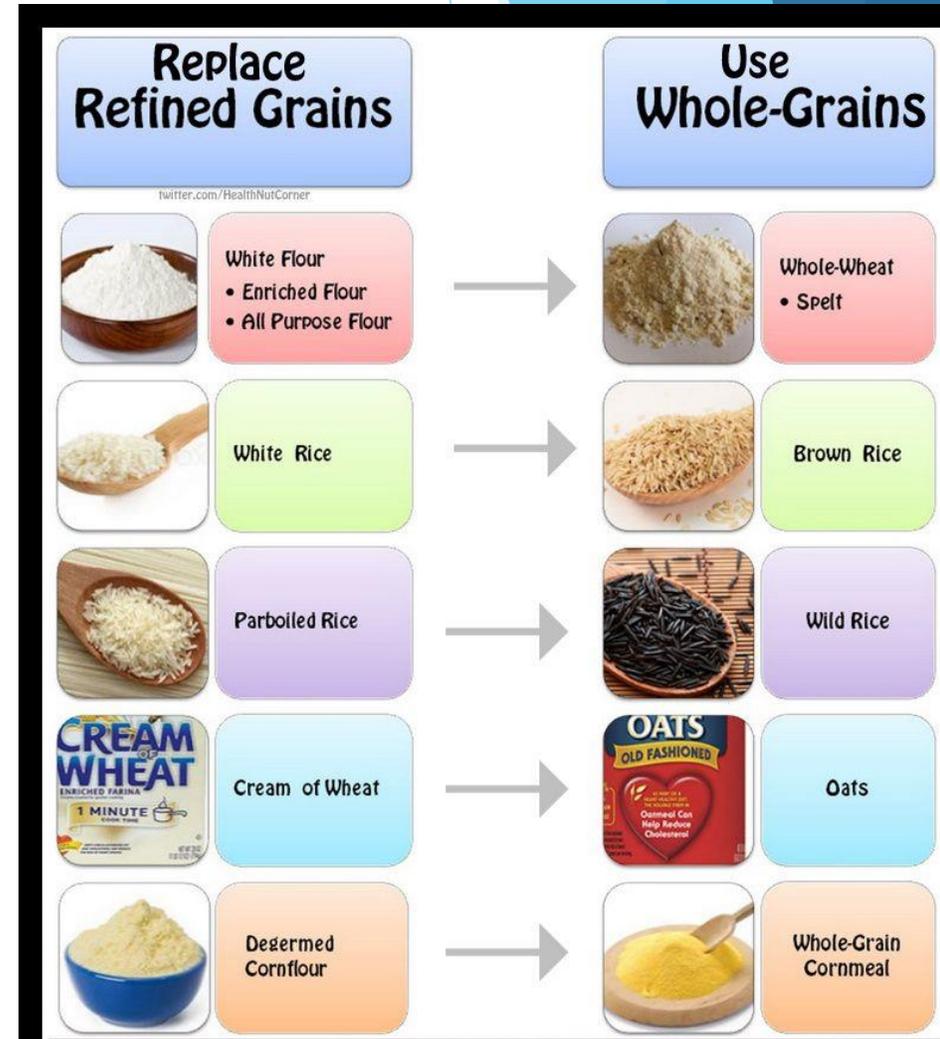
# Common Grains: Which are Whole Grains?

## Whole Grains:

- ▶ Whole wheat flour
- ▶ Barley
- ▶ Cracked Wheat
- ▶ Bulgur
- ▶ Oats
- ▶ Corn (whole cornmeal or kernel)
- ▶ Brown Rice
- ▶ Popcorn
- ▶ Buckwheat
- ▶ Rye

## Refined Grains:

- ▶ White Flour
- ▶ De-germed Cornmeal
- ▶ White Bread
- ▶ White Pasta
- ▶ White Rice



# Whole Grains

- ▶ Words Indicating a whole grain is present:
- ▶ Spelt
- ▶ Emmer
- ▶ Farro
- ▶ Einkorn
- ▶ Kamut
- ▶ Cracked Wheat
- ▶ Wheatberries
- ▶ Amaranth
- ▶ Quinoa
- ▶ Millet
- ▶ Sorghum
- ▶ Triticale
- ▶ Teff



# Identifying Whole Grain Foods

- ▶ Review the front of the package and look for the words: “100% Whole Grain”
- ▶ Check the ingredient list and look for the terms: Whole or Whole Grain and the name of the grain
- ▶ Check the food label for the fiber content of the product. Whole grain foods typically contain 2-4 grams of fiber per serving
  - ▶ Refined grains usually contain less fiber per serving



## Nutrition Facts

About 22 servings per container

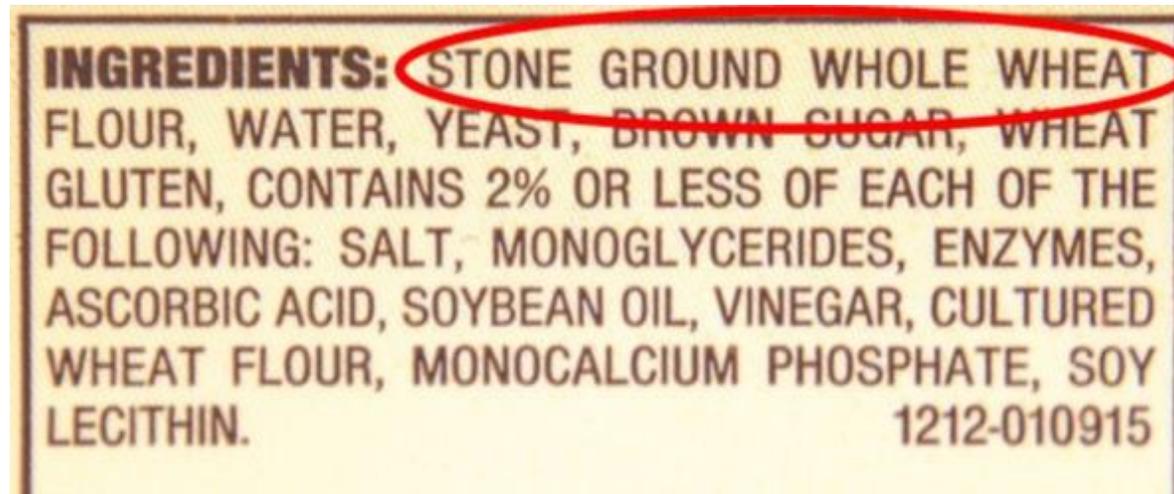
**Serving size 1 Cup (55g)**

	Cereal		with 3/4 cup skim milk	
		% DV*		% DV*
<b>Calories</b>	<b>190</b>		<b>260</b>	
<b>Total Fat</b>	1g	1%	1g	1%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Polyunsaturated Fat	0g		0g	
Monounsaturated Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	<5mg	1%
<b>Sodium</b>	200mg	9%	270mg	12%
<b>Total Carbohydrate</b>	46g	17%	56g	20%
<b>Dietary Fiber</b>	4g	16%	4g	16%
Total Sugars	19g		29g	
Includes Added Sugars	13g	26%	13g	26%
<b>Protein</b>	4g		10g	
Vitamin D	2mcg	10%	4.2mcg	20%
Calcium	10mg	0%	240mg	15%
Iron	4.5mg	25%	4.5mg	25%
Potassium	200mg	4%	490mg	10%
Thiamin		20%		25%
Riboflavin		20%		45%
Niacin		20%		25%
Vitamin B <sub>6</sub>		20%		20%
Folate (folic acid)	(45mcg)		(45mcg)	
Vitamin B <sub>12</sub>		20%		50%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Whole Grains & The Food Label

- ▶ Look for the whole grain listed in the ingredients section on the food label!



# Whole Grain Stamp



- ▶ Makes finding whole grain foods easier
- ▶ Can be found anywhere on the food package
- ▶ Found on a variety of grain-based foods
- ▶ Found in foods which provide at least ½ serving of whole grains
- ▶ Grams of Whole Grains:
- ▶  $\geq 8$  to 15 grams- Means the product is a good source of whole grains
- ▶  $\geq 16$  grams- Means the product is an excellent source of whole grains

# Whole Grain Stamp (Continued)

- ▶ Go to:
- ▶ [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)
- ▶ The web site provides information on:
  - ▶ Whole Grains
  - ▶ Health Benefits
  - ▶ Recipes & more



# Tips on How to Increase Whole Grains in Your Meal Plan

- ▶ Try different products that you may like such as whole-grain breads, cereals, or buns
- ▶ Try whole grain pasta, or try mixing half whole grain and half white pasta to make the transition easier
- ▶ Try eating popcorn or whole grain crackers for a snack
- ▶ Serve bulgur instead of potatoes one night a month
- ▶ Replace  $\frac{1}{4}$  to  $\frac{1}{2}$  of the all purpose flour in your recipe with whole wheat flour
- ▶ Make a pizza with whole wheat pita as the crust
- ▶ Try oatmeal for breakfast one day



# Recommended Servings of Whole Grains

- ▶ Adults are recommended to consume at least  $\frac{1}{2}$  of their grains to be whole grains
- ▶ For most people this would be about 3-4 serving each day



- ▶ Grain Servings:
- ▶ 1 slice of bread
- ▶  $\frac{1}{2}$  bun or English Muffin
- ▶  $\frac{1}{2}$  cup hot cereal: Oatmeal
- ▶  $\frac{1}{2}$  cup of brown rice cooked
- ▶ 3 cups of popcorn
- ▶ 1 oz. of ready to eat cereal



# Include Whole Grains When Eating Out

- ▶ Ask your server:
- ▶ May I have brown rice instead of white rice?
- ▶ Can I make my pasta whole grain?
- ▶ Can I change the bread on that to whole grain bread?
- ▶ Can I substitute oatmeal instead of getting grits?



# Whole Grains are a Part of a Healthy Lifestyle

- ▶ Whole grains (Compared to refined Grains):
- ▶ Have a higher protein content
- ▶ Alter blood glucose less (helps control glucose levels)
- ▶ Have more fiber
- ▶ Have more vitamins
- ▶ Contain phytochemicals to help fight against diseases

How can you make whole grains a part of your healthy meal plan?

