

WHOLE GRAIN FACTS

**EATING WHOLE
GRAIN FOODS
IS EASIER THAN
IT MIGHT SEEM;
THERE IS A VARIETY
TO ENJOY EVERY
DAY FROM BREAD
TO CEREAL, RICE
AND PASTA.**

Scientists have shown that people who eat more wholegrains have a lower risk of developing some cancers, heart disease and strokes.



TRY TO INCREASE THE WHOLEGRAINS IN YOUR DIET:

- Kick-start your day by choosing a wholegrain cereal for breakfast such as a bowl of porridge, muesli or wholemeal toast.
- For lunch why not try a sandwich made from wholemeal bread, a wholemeal pasta salad or accompanying a bowl of soup with a wholemeal roll.
- If you are feeling peckish in-between meals – try wholegrain snacks such as popcorn!
- If you do not like the taste of wholemeal or brown varieties try having half wholegrain and half white; this way you are still getting some of the nutritional benefits of wholegrains into your diet whilst enjoying the taste.

Wholegrains contain all the nutrients and goodness a cereal grain provides. White or refined foods are stripped of most of these beneficial nutrients during processing. This makes wholegrains rich sources of fibre, carbohydrate, B vitamins, vitamin E, magnesium, iron and zinc compared to their white alternatives.

Wholegrain foods take longer to digest than their white alternatives, therefore they help us feel fuller for longer.

TRY ANY OF THESE TO BOOST YOUR WHOLEGRAIN INTAKE:

- Brown rice
- Whole wheat pasta
- Whole wheat bread
- Oats
- Rye
- Barley
- Buckwheat
- Quinoa
- Oatcakes

