

WHY SHOULD YOU CHOOSE WHOLE GRAINS?

Have you ever wondered what's so great about whole grains? Keep reading to learn a little bit more about why whole grains are so important. Your body will thank you later!

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WHAT'S GREAT ABOUT WHOLE GRAINS:

1 DIETARY FIBER

Whole grains are often rich in fiber. Dietary fiber helps your stomach feel more full by slowing down digestion. It may also help with regular bowel movements.

2 SOURCE OF B-VITAMINS

These vitamins pack a big punch as they help regulate metabolism, your nervous system, and help form red blood cells! Some B-vitamins include: thiamin, riboflavin, niacin, and folate.

3 PREVENT DISEASE

When you incorporate whole grains into your diet, you may help reduce your risk of heart disease, and high cholesterol just to name a few!

4 OTHER VITAMINS

Whole grains also contain iron, magnesium, and selenium. These vitamins all play vital roles in the functioning of different systems in your body such as your immune system.

A COUPLE TIPS:

1 Not used to whole wheat? Try mixing 1/2 wheat and 1/2 white products to start off.

HOW TO MAKE IT HAPPEN:

Think through the lens of making a "swap." You can start with swapping whole grains for enriched or refined grains.

Meal Planning Ideas

1 BREAKFAST

- Oatmeal (try it with fresh fruit!)
- Whole grain cereal
- Whole wheat english muffin
- Whole wheat waffles
- Whole wheat pancakes
- 1/2 Whole wheat bagel

2 LUNCH

- Whole wheat sandwich or pita bread
- Whole wheat tortilla or quesadilla
- Whole wheat pasta or pasta salad
- Homemade whole wheat pizza
- Whole wheat crackers with soup or salad

3 DINNER

- Wild rice or brown rice (short or long grain)
- Whole wheat spaghetti noodles
- Whole wheat tortillas for tacos
- Whole wheat rolls
- Add quinoa, bulgar wheat, or barley to soup

2 Make sure and read the food label and look for "WHOLE grain" or "WHOLE wheat." This is not the same as "MULTI" grain.