

Benefits of Whole Grains

Did you know that only eight percent of the U.S. population meets the recommendation by health authorities to consume three or more servings of whole grains each day?

What are the proven benefits?

Studies of populations that consume a significant amount of whole grains show a lower risk for:

- Certain cancers
- Coronary heart disease and stroke
- All-cause mortality

Why choose the whole grain?

Here are three reasons to choose whole-wheat products over their refined, white-flour counterparts:

- Whole wheat flour contains 227 percent more nutrients by volume than refined, white flour.

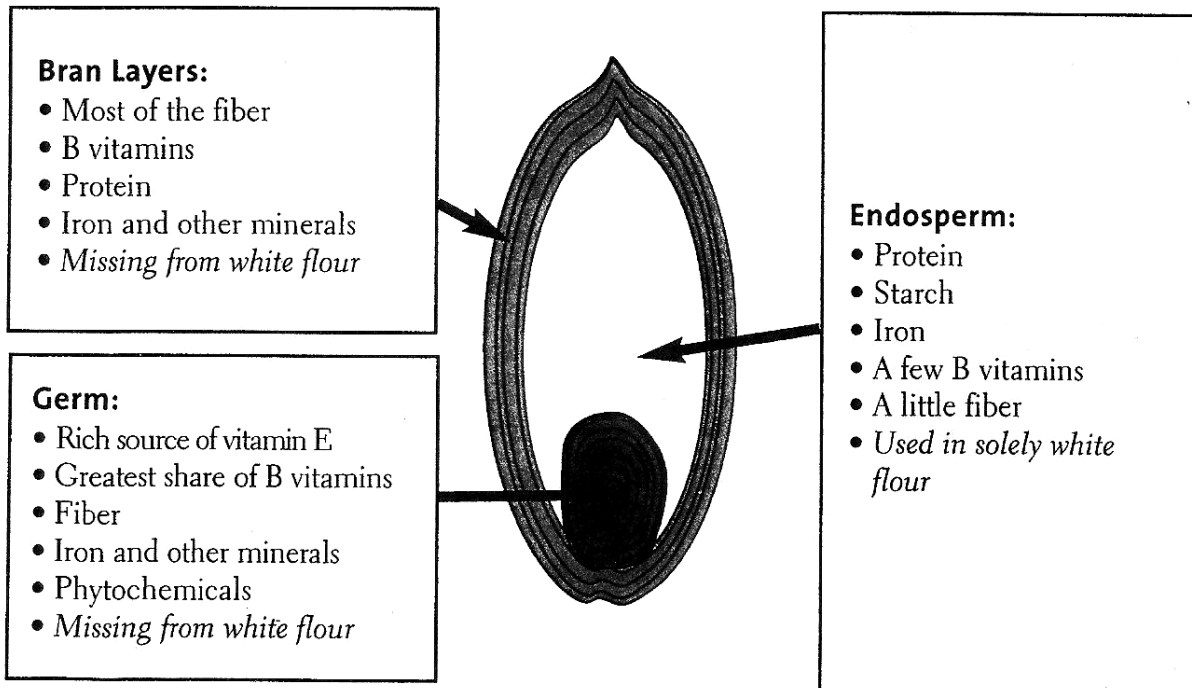
- Whole wheat flour contains 11 more grams of fiber per cup than white flour.
- Whole wheat flour contains 23 percent fewer calories per cup than white flour.

By consuming the whole grain, you are consuming a host of vitamins, minerals, fiber and plant chemicals that may work together to improve your health and lower your risk of disease.

What's missing from refined grains?

White flour, and products made with white flour, do not contain any of the bran or germ from the wheat kernel. They only contain the white starchy part called the endosperm. While the endosperm provides energy and a few vitamins and minerals, it lacks the fiber, vitamins, minerals and phytochemicals found in the other two.

Whole grains are an excellent choice for weight management, blood sugar control, and to lower the risks of heart disease and cancer.



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