

Eating Grains the Healthy "Weigh"

Grains, starches and carbohydrates are now one of the most confusing areas of nutrition. The high-protein diet gurus claim that almost any carb can make you fat, but nutrition experts know that whole grains are essential for weight management and good health.

1. Eat **WHOLE GRAINS** for wholesome goodness

Any grain product (breads, cereals, rolls, pasta, rice, crackers, etc.) can be part of your healthy eating style. However, foods made from the whole kernel offer a whole lot more. Read food labels carefully to find products that list **whole grains as the first ingredient**.

2. Eat **WHOLE GRAINS** for energy

Carbohydrates are your body's preferred source of energy - for long-lasting muscle and brain power. Since whole grains tend to be digested more slowly than refined ones, they can help stabilize blood sugar levels in people with diabetes (and everyone else too!).

3. Eat **WHOLE GRAINS** for fiber

Fiber is essential for a healthy (and regular) intestinal tract. **Whole grains have more fiber than refined grains**, since they include the outer layer of the kernel. Choose good sources of soluble fiber (oatmeal and barley) and insoluble fiber (wheat, rye and corn).

4. Eat **WHOLE GRAINS** for vitamins and minerals

When grains are refined, nutrients are discarded with the bran and germ of the kernel. Some lost nutrients are added back to "enriched" products like flour. However, in whole grains, the **B-vitamins, folic acid, iron, zinc and copper stay in one delicious package**.

5. Eat **WHOLE GRAINS** for phytonutrients

These common plant chemicals are hot news in the nutrition world for their ability to fight disease and promote longevity. Like fruits and vegetables, **whole grains offer plenty of phytonutrients** to help fight cancer, diabetes and heart disease.

6. Eat **WHOLE GRAINS** for fullness

Weight management is easiest when you feel full and satisfied with meals and snacks. Whole grains, with **nutty flavors and chewy textures**, are just what the dietitian ordered. Enjoy whole grain cereals for breakfast; whole grain granola bars for snacks; whole grain bread on sandwiches; and whole grain couscous for dinner. It's easy and delicious!

