

WEEK 3

WHOLE GRAINS: HIGH FIBER



Carbohydrates tend to get a bad rap, but let's be clear: not all grains are created equal. Grain-based foods supply roughly half of the world's calories.¹ There are 2 types of grains: whole and refined.

GRAIN COMPONENTS	WHOLE GRAINS	REFINED GRAINS
Bran: Hard outer layer; contains fiber, minerals & antioxidants	✓	X
Germ: Inner core (plant embryo); contains carbs, fats, proteins, vitamins, minerals, antioxidants, & phytonutrients	✓	X
Endosperm: Middle layer; contains high-starch carbs & protein	✓	✓

Whole Grains: Being high in fiber, nutrients, and phenolic acids, whole grains have special health benefits, including:

- ✧ Longevity: Studies have found that each serving of whole grains was associated with a 9% lower risk of death from cardiovascular disease.²
- ✧ Weight: A 12-year study found a positive relationship between eating whole grains and healthy body weights. This is possibly attributed to the high fiber found in whole grains, which helps to reduce appetite and increase satiety.^{3,4}
- ✧ Lower risk of type 2 diabetes, heart disease, and colorectal cancer.^{5,6,7}

This week, go all in on whole grains!
As a starting point:

WHOLE GRAIN FOOD	1 OZ SERVING
Oatmeal	1/2 Cup
Quinoa	1/4 Cup
Brown Rice	1/2 Cup
Whole Grain Bread	1 Slice
Popcorn	3 Cup

FOR IMPROVED WEIGHT MANAGEMENT

- ✧ Remove all refined grains from your diet and replace with whole grains (5-8 ounces each day).



EATING HEALTHY FOOD FILLS YOUR BODY WITH ENERGY AND NUTRIENTS. IMAGINE YOUR CELLS SMILING BACK AT YOU AND SAYING, "THANK YOU!"

-KAREN SALMANSOHN -

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7231599/>
 2. <https://pubmed.ncbi.nlm.nih.gov/25559238/>
 3. <https://pubmed.ncbi.nlm.nih.gov/26801989/>
 4. <https://pubmed.ncbi.nlm.nih.gov/33530093/>

5. <https://pubmed.ncbi.nlm.nih.gov/32641435/>
 6. <https://pubmed.ncbi.nlm.nih.gov/27301975/>
 7. <https://pubmed.ncbi.nlm.nih.gov/32619213/>