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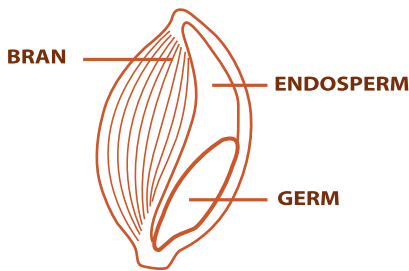


Whole Grains



You probably know that whole grains are great for you, but did you know that not all whole grains are a good source of fibre? Get the whole grain story here.

What is a Whole Grain?



A whole grain contains all three parts of the grain kernel:

- **Bran**-The outer shell that provides fibre, B vitamins and trace minerals.
- **Endosperm**-The middle part that supplies carbohydrates and protein.
- **Germ**-The inner part that provides antioxidants, vitamin E and B vitamins.

Some examples of whole grains are whole wheat, whole-wheat flour, daliya (broken wheat), whole grain corn/cornmeal (makai / makai ka atta), whole oats / oatmeal, brown rice, whole barley and amaranth (rajgira); millets like whole jowar (sorghum), bajra (pearl millet), ragi/nachni (finger millet) etc.

What are Refined Grains?

If the bran and the germ are removed, the grain is said to be refined. Refined grains are devoid of some essential nutrients like fibre, some vitamins and minerals.

Some examples of refined grain products are refined wheat flour (maida) and products made from maida like bread, pasta, noodles, biscuits, cakes etc, de-germed corn meal and white rice.

The Grain Arithmetic:

Fibre-rich bran
+ Starchy endosperm
+ Nutrient packed germ

= Whole Grain

Starchy endosperm
- Fibre rich bran
- Nutrient packed germ

= Refined Grain

with even one serving, but aim for three or more servings of whole grains daily for best health results.

Whole grain is "NOT EQUAL" to fibre:

Not all whole-grain foods are a good source of fibre. That's important to know because whole-grain foods that are higher in fibre provide additional health benefits. Dietary fibre from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes. Fibre is vital for proper digestive function. It helps to reduce digestion related health problems like constipation. Fibre - containing foods such as whole grains help provide a feeling of fullness with fewer calories. Some good sources of fibre containing foods are cereals and millets like wheat, oats, barley, maize (makai), jowar, bajra, ragi etc.; pulse and legumes like dals and methi seeds, vegetables and fruits.

Whole Grains and its Health Benefits:

Eating whole grain as part of a well balanced diet can help to reduce your risk of various chronic diseases and illnesses such as :

- Stroke
- Type 2 diabetes
- Heart disease
- High blood pressure or Hypertension
- Inflammatory diseases

Switching to whole grains can also help with weight control. Benefits can kick in

How much of Whole Grain do we need?

To help promote good health, strive to meet the following recommendations for whole grains and fibre:

Whole grains: "Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains."

Fibre: According to ICMR, 2010, fibre intake 40g/2000kcal is considered to be reasonably safe.

Did You Know?

Q. What is the difference between whole wheat and whole grain?

Ans. Whole wheat is one kind of a whole grain. But not all whole grain is whole wheat.

Whole Grains at Every Meal

It's easy to make at least half your grains whole, with tasty, easy to prepare, convenient options like these at every meal

Breakfast

Start your day off right with a bowl of ready-to-eat breakfast cereal containing whole grain or try ready-to-cook oats. Enjoy it with milk (warm or cold) or curd and fresh or dry fruit pieces and nuts for an extra fibre boost.



Lunch

Use whole wheat flour or multigrain flour made from whole grains to make chapattis, parathas, bhakris, theplas etc.

Substitute white rice with brown rice.



Snacks

Snack by munching on ready-to-eat cereals that contain whole grain. Choose whole wheat bread for making delicious vegetable sandwiches instead of white bread. Try biscuits, crackers, granola bars or snacks that are made with whole-grain. Whole wheat pasta, noodles etc. can be included. Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.



Dinner

Try making some delicious khichdi with whole pulse like moong or bhakris made of whole jowar, bajra, ragi etc. Finish the meal with a dessert- kheer made with dalia/lapsi (broken whole wheat)



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