



WHOLE GRAINS

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I hear way too often from students, “I don’t eat carbs”. CARBS ARE NOT EVIL. We often see celebrities vilify carbs in the media, which is just not responsible or correct. When choosing carbs, there are definitely choices that are better than white rice, white pasta, cookies and pastries! Whole Grains are where it’s at! When choosing grains, aim to make at least ½ of them whole!

WHAT IS A WHOLE GRAIN?

“Whole Grain” means that ALL parts of the grain kernel were used in the product (bran, germ and endosperm). Whole wheat refers to a product that includes only whole wheat as opposed to other grains.

HEALTH BENEFITS OF WHOLE GRAINS

- Rich in fiber which supports a healthy gut.
- Whole grains are metabolized slower than refined grains and help keep blood sugar levels more even due to the fiber.
- Consuming whole grains may reduce the risk of heart disease.
- Increased satiety from eating whole grains may help with weight management.
- High in micronutrients such as B vitamins, magnesium, selenium and iron:
 - B vitamins like folate, thiamin, and riboflavin, ensure proper metabolic function.
 - Magnesium is important for good mood and sleep.
 - Selenium is vital in healthy immune function.
 - Iron plays an important role in transporting oxygen through the body.

WHAT IS A REFINED GRAIN?

When grains are refined, meaning stripped of the bran and germ during the milling process, many of the nutrients are removed. When a grain product is enriched, it means that some of these lost nutrients have been added back into the product. Unfortunately, the enriching process never adds back the natural fiber of the whole grain.

WHAT ABOUT MULTIGRAIN? DOES THAT TERM MEAN THAT THE PRODUCT IS A WHOLE GRAIN?

No, not necessarily. “Multigrain” means the product contains more than one type of grain. It does not necessarily mean that it contains whole grains. This is also true for terms like “12 grain” and “7 grain”.

