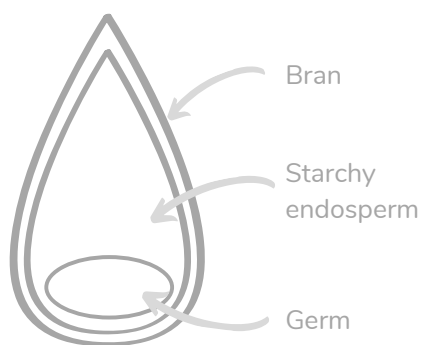


WHOLE GRAIN BASICS

What is a Whole Grain?



Whole grain products contain the bran, germ, and endosperm, whereas refined grains just contain the starchy endosperm. The bran and germ contain fiber, protein, B-vitamins, minerals and phytonutrients and when you remove those parts of the grain you get a less nutrient-dense product with minimal fiber.

Examples

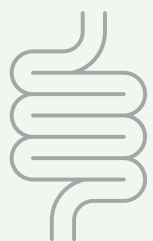
- Whole grain bread
- Whole grain pasta
- Brown/ wild rice (GF)
- Quinoa (GF)
- Barley
- Farro
- Rye
- Corn (GF)
- Millet (GF)
- Sorghum (GF)
- Amaranth (GF)
- Bulgur
- Kaniwa (GF)
- Teff (GF)
- Buckwheat (GF)
- Freekah

Benefits



WEIGHT MANAGEMENT

According to epidemiological research, higher whole grains intake appears to assist with weight management. In addition, studies suggest that whole grains have a positive impact on appetite regulation and fullness.



DIGESTIVE HEALTH

Whole grains are a rich source of fiber and polyphenolic compounds which nourish the microbiome and strengthen gut barrier function. Research suggests that the microbiome plays an important role in digestion, immunity, mood and more.



HEART HEALTH

Clinical studies indicate that whole grains assists with cholesterol control, a risk factors for heart disease. Higher whole grain and fiber intake is associated with reduced risk of coronary heart disease.



SUSTAINED ENERGY

Carbohydrates are the preferred fuel of the brain and working muscles. Whole grains tend to move more slowly through the digestive tract and help sustain energy levels throughout the day.