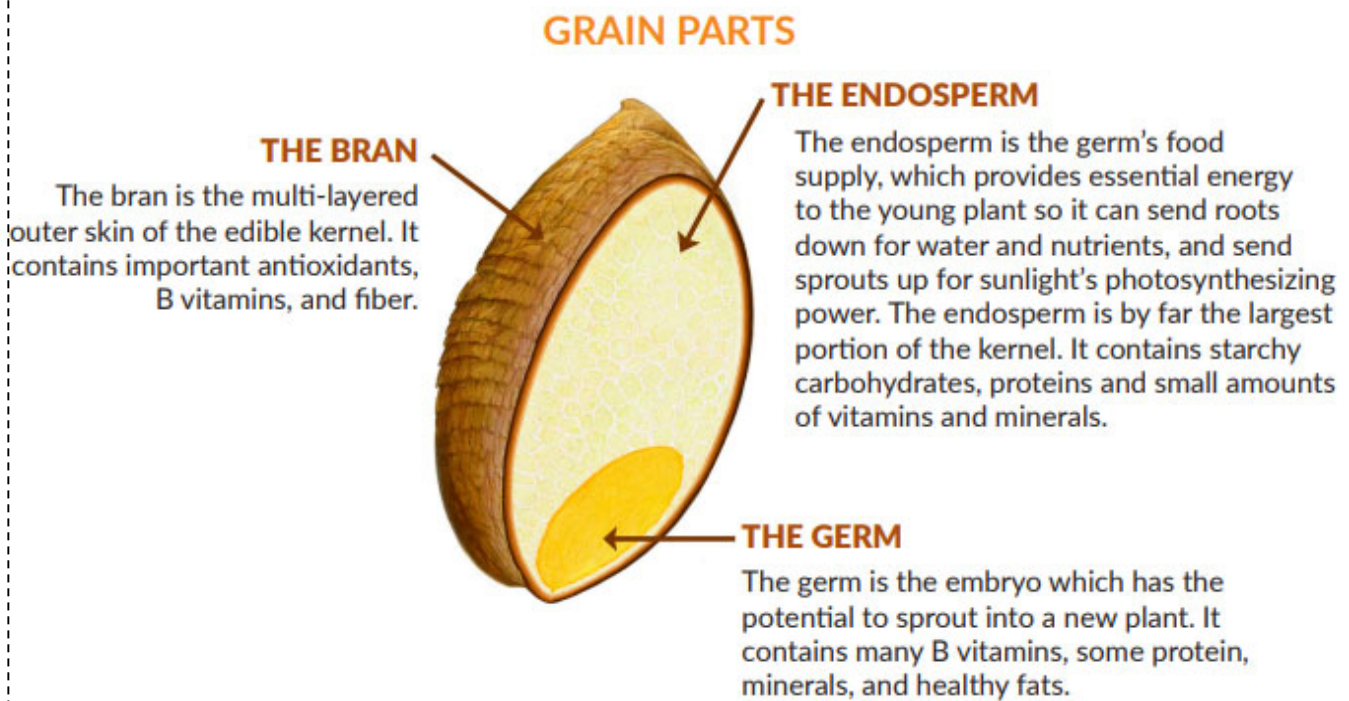


## WHOLE GRAINS

This November we're thinking a lot about whole grains, especially as some of us may have our usual eating patterns thrown off due to the holidays. Recent studies report higher intake of whole grains that are full of fiber, improving cardiovascular health, risk of diabetes, stroke, and some kinds of cancer. Fiber from whole grains can help regulate our blood sugar, keep our digestive system regular, and keep us fuller longer.

### What's the difference between a whole grain and one that's been processed?

All grains start out as whole grains. In their natural state, they have 3 parts, the bran the germ and the endosperm. When grains are refined, the bran and germ are removed, which also removes all of the health benefits those parts of the grain provide.



### How can I find them?

Some things are naturally whole grain like popcorn, brown rice, or quinoa. You can tell when other things are whole grain if "Whole grain" is the first ingredient on the list. Beware of things that say multigrain, or judging the bread by its color- this does not mean they're whole grain! Look at the ingredients, or look for the word "whole". Enjoy whole grains incorporated into our meals throughout the month.

### Recommendations

The Academy of Nutrition and Dietetics recommends making at least half of grains you eat whole. Too much fiber can cause gas, pain, and abdominal bloating. Talk to your doctor if you are concerned or if you experience any of these side effects. If you are looking to increase your fiber intake, ensure you're drinking enough water every day as well.

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