

Most of us know how important it is to eat five portions of fruit and vegetables every day. But when it comes to staying healthy we should also remember to eat more whole grain foods.

Sadly, research shows that 9 out of 10 of us aren't eating 3 servings of whole grain a day – in fact, on average, most of us don't even manage to eat 3 servings a week and 30

percent of us don't have any at all! It's a real shame because when eaten as part of a balanced diet, whole grains have the potential to support a healthy lifestyle, including maintaining a healthy heart, digestive system and helping us to maintain a healthy weight.

Nestlé show how easy it is to get more whole grain into your diet.



## What are Whole Grains?

Whole grain foods contain all three parts of the grain – the nutrient-rich germ, the energy-providing endosperm and the fibre-rich bran layer.

When grains are refined, for example to make white flour, rice or bread, the outer bran layer and germ of the grain are stripped away, with the result that the grain loses much of its fibre and many of its nutrients.

In fact, it's becoming increasingly clear that it's the combination of fibre, vitamins, minerals, phytochemicals, antioxidants and complex carbohydrates that gives whole grain foods their many health benefits.

## Why Eat More?

Many scientific studies have shown that when included as part of a balanced diet, whole grain has a number of health benefits. Here's how whole grains can keep you healthy...

- They can help to keep your heart healthy – research shows that people with healthy hearts tend to eat more whole grain foods as part of a low-fat diet and healthy lifestyle.<sup>3</sup>
- They can help to maintain a healthy body weight – studies show that people who eat more whole grain foods have a lower Body Mass Index and are less likely to gain weight over time.<sup>2</sup> Because they are low in fat but high in fibre and complex carbohydrates whole grain foods may help you to feel full.
- They can help to keep your digestive system healthy – whole grain foods contain fibre, which aids digestion and helps to keep the gut healthy.<sup>1</sup>

1, 2, 3 click to view references



## Easy ways to eat more whole grains

It couldn't be easier to consume 3 whole grain servings a day as many foods contain whole grain goodness - it's often as simple as swapping white things for brown things. Here are some ways to eat more whole grains...

- Look out for the green banner on the front of all Nestlé cereals – to know you're guaranteed whole grain goodness.
- Start your day with a bowl of whole grain cereal. All Nestlé cereals contain whole grain. For example, Nestlé Shredded Wheat contains 100% whole grain, while Shreddies are 93% whole grain and Cheerios are 74%.
- Look at the ingredients list on food labels and choose products that contain one of the following ingredients near the top of the list: whole grain wheat, brown rice; oatmeal; whole oats; whole rye; whole grain corn; bulgur wheat.
- Use wholemeal bread instead of white bread for sandwiches and toast.
- Choose foods that have the following approved whole grain health claim: "People with healthy hearts tend to eat more whole grain foods as part of a low-fat diet and healthy lifestyle." These foods must contain at least 51% whole grain by weight.
- Opt for wholewheat pasta and noodles and brown rice instead of white varieties.
- Add a handful of barley to stews, casseroles and soups.
- Swap crisps, biscuits and cakes for whole grain snacks such as a handful of plain popcorn, rye crispbreads with low-fat cottage cheese and sliced tomato or a bowl of whole grain cereal with semi-skimmed milk.
- If you like baking, try using wholemeal flour in place of some or all of the white flour recommended in the recipe.

## What counts as a serving?

To gain the health benefits, research shows we should eat at least three servings of whole grain foods a day,<sup>4</sup> where one serving contains 16g whole grain. One serving of whole grain is equivalent to...<sup>5</sup>

- 1 medium slice of wholemeal bread
- 1 small wholemeal roll
- 1 Nestlé Shredded Wheat big biscuit
- 3 tablespoons whole grain cereal such as Nestlé Shreddies
- 3 heaped tablespoons of wholewheat pasta
- 2 heaped tablespoons of boiled brown rice
- ½ wholemeal pitta bread
- 2-3 cups plain popcorn
- 3-4 small whole grain rice cakes or rye crispbreads