



Things You Need to Know About Whole Grain

Whole grains can indeed be part of a healthy diet but do you really know a whole grain product when you see it?

Many people believe whole wheat bread or multigrain breads are made from whole grains; probably not, at least not entirely. Most contain processed wheat flour and various forms of sugar, chemicals and preservatives. And, a note about modern wheat: it is not the same wheat our grandmothers used. Wheat has been genetically modified to get higher yields per acre and many people are apparently sensitive to the “new” wheat. Check out the [book](#) on this subject! You might just feel better and lose more weight (especially belly fat) by eliminating all forms of wheat from your diet.

So what are examples of healthy whole grain products?

- Quinoa: A crunchy, nutty flavored whole grain which is 18% protein and full of healthy amino acids and minerals. Quinoa can be prepared and then used in both hot and cold recipes.
- Buckwheat (NOT related to the “other” type of wheat; actually it is related to Rhubarb!): One cup of buckwheat contains 4.5 grams of fiber, 5.6 grams of protein, 1.3 mg of iron, 1 mg of zinc as well as magnesium. Stone ground buckwheat can be used in baking and for things like pancakes.
- Barley: A great source of protein and fiber with 8 essential amino acids. Add barley to your soups and you add up to 10 hours of blood sugar stabilization!
- Oats: Steel cut oats, Scottish oats or even plain old Quaker oats (not the instant kind) provide calcium, potassium, magnesium and over a dozen essential amino acids. They help lower serum cholesterol and the fiber helps regulate blood sugar and improves digestion. Steel cut oats and Scottish oats are less processed and take a little more time to cook – and contain more of the nutrients. Instant oatmeal has been processed to the point where very few of the benefits are left. AND, beware of added sugar in the instant varieties.
- Brown rice: Brown rice has had the hull removed but the bran layer remains intact, thus it has three times the fiber of it’s white, more processed counterparts.



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