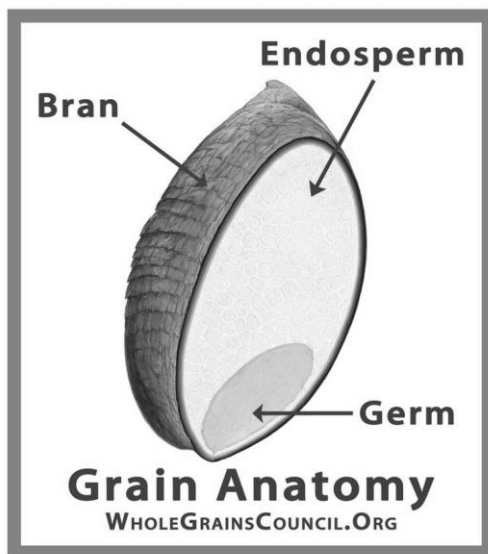


# Healthy Whole Grains

When whole grains grow in their nature, they include fibre, protein, healthy fats, vitamins and minerals. When grains are processed, they are called refined and most of the nutrients are lost.

## What is in whole grain?



**Bran:** Outer layer of fibre and protein  
**Germ:** Vitamins, minerals, healthy fats and antioxidants

## Why eat whole grains?

Whole grains help you:

- ✓ Lower cholesterol levels which lowers your risk of heart disease.
- ✓ Lower your blood sugar and risk of diabetes.
- ✓ Protect your body against many types of cancer.
- ✓ Manage your weight.

## What is a whole grain?

Examples of whole grains:

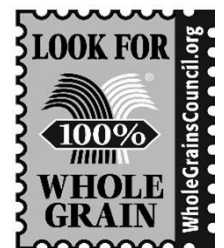
- whole grain breads and crackers from wheat
- sprouted grain breads
- buckwheat
- whole wheat pasta
- bulgur
- wheat berries or cracked wheat
- whole wheat couscous
- barley, pearl or pot
- amaranth
- whole grain rye
- oats, rolled or steel cut
- rice, brown or wild
- millet
- corn
- whole grain polenta
- popcorn, air popped
- quinoa
- kamut
- spelt

## Reading food labels

The 'Whole Grain' stamp helps you find whole grain products.

Packaging can be misleading. Always look at the list of ingredients. The first ingredient should be a whole grain, **not** enriched flour.

Aim for at least 4 grams of fibre in each serving of grain products.



---

## How to cook whole grains

Boil, microwave, or use a rice cooker or pressure cooker. Remember to use a large enough pot to allow the grain to expand. Whole grains expand 2 to 3 times their original volume.

See cooking instructions on the package. This table has guidelines for cooking common grains.

For 1 cup of grain	Add water	Simmer for (minutes)
Barley	2 cups	40
Oats, rolled	2 cups	5
Steel cut oats	4 cups	30
Quinoa (rinse first)	2 cups	10
Rice, brown	2.5 cups	45
Rice, wild	3 cups	50
Millet	2.5 cups	30
Bulgur	2 cups	12
Couscous, whole wheat	2 cups	10 (heat off)

---

## Gluten free

Most people do not need to avoid gluten (a protein found in wheat, rye, some oats and barley). Those who cannot tolerate gluten can

still enjoy the many benefits of other whole grains such as corn, rice, buckwheat, quinoa, millet and amaranth.

---

## Ways to include whole grains in your meals

Replace white pasta with whole grain pasta.  
Replace white rice with brown or wild rice.

Replace white flour with whole wheat flour in recipes like banana bread or bran muffins. Some of the flour can also be replaced with rolled oats. Blend oats in a blender to make oat flour.

Have oatmeal for breakfast. Try adding toppings like fresh fruit, dried fruit, nuts, seeds cinnamon, etc.

Add brown rice or barley to soups.

When you eat out, ask for a whole grain options – many restaurants offer them as alternatives.

Look for whole grain cold cereals for breakfast. The first ingredient will be ‘whole grain’.

For lunch, try whole grain bread, English muffins, or a whole wheat tortilla, bagel or pita.

Try whole grain crackers instead of refined processed white flour crackers.

Instead of potato chips, snack on some air popped popcorn.

Whole Grain Cross-Section and Stamp images used with permission from Oldways Whole Grains Council ([www.wholegrainscouncil.org](http://www.wholegrainscouncil.org))