Health Benefits of Grains

http://wholegrainscouncil.org/files/images/LuckyOliver-1796480-blog-bread_series_wheat_and_bread_macro.jpg?0df
Importance of grains

- Especially, whole grains, as part of an overall healthy diet, may help reduce the risk of diseases.
Grains are important sources of many nutrients

- Fiber

http://static.howstuffworks.com/gif/usda-grain-guidelines-ga-1.jpg
What is fiber & why is it good for you?

- Fiber helps you go to the restroom,

- makes us feel full, and

- can keep your heart healthy.
Other nutrients of grains

- B vitamins
  - Play a key role in metabolism
    - they help the body release energy from protein, fat, and carbohydrates.
Vitamin B cont.

- B vitamins are also essential for a healthy nervous system
  - which helps record and distribute information within a person through signals.
- Many refined grains are enriched with these B vitamins.
Other nutrients cont.

- **Minerals**
  - **Iron**
    - Iron is used to carry oxygen in the blood.
    - Whole and enriched refined grain products are major sources of iron.
If you want to eat more grains to stay healthy:

- Choose foods with one of the following whole-grains listed *first* in the ingredients:
  - Brown rice
  - Bulgur
  - Whole oats
  - Whole rye
  - Whole wheat
  - Oatmeal
  - Wild rice
  - Whole-grain corn

Variety of Grains

Barley

Buckwheat

http://www.all-creatures.org/recipes/images/i-barley.jpg

http://4.bp.blogspot.com/-LxP180l6dNU/TZr5ARiGCXI/AAAAAAAAAsk/8-wDdbG0W4c/s1600/buckwheat.jpg
Variety of Grains cont.

Cream of wheat

[Image of Cream of wheat]

Popcorn

[Image of Popcorn]


Variety of Grains cont.

- All sorts of whole-wheat breads, pastas and crackers
References
