



## Whole Grains 5 Benefits you need in your Diet

### Description

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# Overview

Whole grains, the healthiest and most nutritious kinds of grains, are a good source of complex carbohydrates and some key vitamins and minerals. Grains come from plants that resemble grasses, known as cereals. Corn, rice, and wheat are several of the vast majority of current types. Non-grass seeds, such as buckwheat, quinoa, and amaranth, may additionally be considered whole grains.

In any whole kernel, three parts exist: the bran, the germ, and the endosperm, and these are all packed with vitamins and minerals. Bran is the outer layer full of fiber and vitamins, minerals, antioxidants, and phytochemicals, as well as iron, copper, zinc, and magnesium.

Phytochemicals are compounds found in plants that have been found to be effective in treating diseases. The germ of a seed is where growth happens, containing healthy fats, vitamin E, B vitamins, phytochemicals, and antioxidants.

You can roll, crush, or crack grains. However, if all three components are present, they are considered whole grains as long as they are in proportion. Only the endosperm remains refined after the germ and bran have been removed. In spite of vitamins and minerals being added back to enrich them, they are still less healthy or nutrient-dense.

## Nutritional Value

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For fuller insight into the nutritional profile of oats, here are some of the key nutrients in 1 ounce (28 grams):

- 3 grams of fiber
- 69% Manganese of the Reference Daily Intake
- 15% Phosphorous of the Reference Daily Intake
- 14% Thiamine of the Reference Daily Intake
- 12% Magnesium of the Reference Daily Intake
- 9% of Copper of the Reference Daily Intake
- 7% of Zinc and iron of the Reference Daily Intake

### **Additional health benefits**

#### **1. reduces the risk of Type 2 diabetes.**

At least two servings per day may lower the risk of type 2 diabetes. Furthermore, fiber, nutrients, and phytochemicals may improve blood sugar metabolism and insulin sensitivity, leading to fewer blood sugar spikes. On the other hand, it has a high glycemic index and glycemic load with fewer fiber and nutrients.

#### **2. Reduced your cancer risk**

Several studies have shown that it has a protective effect against cancer, but others have shown none at all. According to current research, it is one of the most potent anticancer foods when it comes to colorectal cancer, which is one of the most common types. Fiber may also be linked to some health benefits, such as lowered cancer risk. In addition, it is considered a prebiotic. It also contains other components that may slow cancer development, such as phytic acid, phenolic acids, and saponins.

#### **3. Keeping your digestive system in good shape**

It helps prevent constipation by keeping the stool soft and bulky, which is an annoying, costly, and aggravating problem. Furthermore, it prevents diverticulosis by lowering intestinal pressure.

#### **4. Reducing chronic inflammation**

Many chronic diseases are caused by inflammation. Consumption may be beneficial in reducing inflammation. Studies have shown that women who ate more had a lower risk of dying from chronic inflammation-related conditions.

#### **5. Helps to prevent premature death**

Getting a chronic disease under control reduces your chances of dying prematurely. Studies suggest

that people who eat whole grains have a reduced risk of dying from heart disease and any other cause. Study results were adjusted based on several factors, such as smoking, body weight, and diet patterns. Researchers found that eating 1 ounce (28 grams) of whole grains lowered mortality risks by 5%.

## **Taking precautions**

Although whole grains are good for most people, they may not be the right choice for everyone. Taking extra care to get enough folic acid, a B vitamin, may be necessary if all of the grains you consume are whole grains. Folic acid is usually present in fortified refined grain products, but it is not found in most whole grain products. Obtain fortified whole grains, including cereals that are ready to eat, to boost your folic acid intake. Include fruits, vegetables, and legumes in your diet for additional folate-rich foods. For women who are or may become pregnant, folic acid is particularly important.

## **The following are some tips for eating more whole grains**

You can include more whole grains in your meals and snacks by following these tips:

- Consider cereals with whole grains, such as whole-wheat bran flakes (some have the bran, not the whole grain), shredded wheat, or oatmeal, as part of your breakfast.
- For plain bagels, use whole-wheat toast or whole-grain bagels. In place of pastries, try whole-grain muffins made from oatmeal or other whole-grain cereals.
- Slices of bread or rolls made from whole grains are ideal for making sandwiches. Substitute whole-wheat tortillas for white-flour ones.
- Substitute quinoa, brown rice, wild rice, barley, or bulgur for white rice.
- Include wild rice or barley in salads, soups, stews, and casseroles.
- Ground meat or poultry can be bulked up with whole grains, such as rice or breadcrumbs.
- Recipes can be made with rolled oats or crushed whole-wheat bran cereal instead of dry breadcrumbs.

Whole grains offer a variety of health-promoting nutrients as well as a variety of tastes, making them an essential part of many diets. You can help your children eat healthier by feeding them whole grains when they're young and if your children are older, use whole wheat flour for burgers and whole-grain buns, vegetable medleys with brown rice, soups, and whole wheat pita and as a crust on pizzas.





## Conclusion

Many health benefits can be derived from whole grains. You may reduce your risk of heart disease, diabetes, and obesity by eating whole grains regularly. Whole grains contain much fiber, which can improve digestive health, though gluten-intolerant people must avoid wheat, barley, and rye. Consume whole grains every day to improve your health and longevity. The most popular breakfast cereal is steel-cut oatmeal, which is made from whole grains.

### Category

1. Product Reviews

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