

# South Central's Health on Blast

## *“Trying Whole Grain Instead...”*

- Grains are a healthy necessity in every diet that are low in fat, and it's important to eat at least half our grains as "**whole grains**."
- Whole grains contain valuable antioxidants not found in fruits and vegetables, as well as B vitamins, vitamin E, magnesium, iron, potassium and fiber.
- Eating whole grains instead of refined grains (processing a natural, whole grain so that some or most of the nutrients are lost) lowers the risk of many chronic diseases in as little as one serving daily.
- White Flour/Bread-----Whole Wheat Flour/Bread
- Corn Muffins/Bread/Cakes-----Whole Corn Muffins/Bread/Cakes
- Add uncooked oats to 1lb of beef/turkey for meatballs, burgers, loafs

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## The Benefits of Whole Grains:

- stroke risk reduced 30-36%
- type 2 diabetes risk reduced 21-30%
- heart disease risk reduced 25-28%
  - better weight maintenance
  - reduced risk of asthma
  - healthier carotid arteries
- reduction of inflammatory disease risk
  - lower risk of colorectal cancer
  - healthier blood pressure levels
  - less gum disease and tooth loss

<http://www.wholegrainscouncil.org/>