

gather.

nutrition fact sheet



All About Wholegrains

The 2011-12 Australian Health Survey revealed that only 30% of Australians consumed the recommended serves of grain foods. Have you ever wondered how many grains you need daily, what makes a grain a wholegrain, or why wholegrains are more beneficial to your health? In this fact sheet, we explore the differences between wholegrains and refined grains, the health benefits of wholegrains, the recommended serves of grains and how to include more wholegrains in your diet.

What is in the grains group?

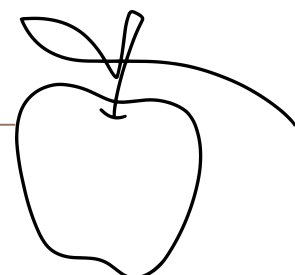
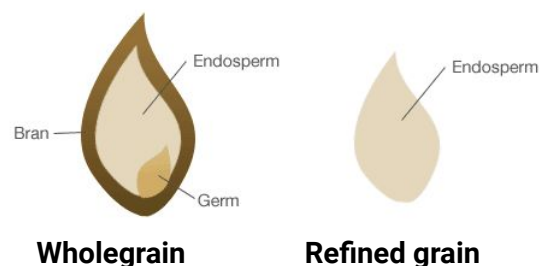
Any food made from wheat, oats, rice, rye, barley, millet, quinoa or corn is a grain food. Examples include bread, pasta, noodles, breakfast cereals, etc. Grains can be divided into two subgroups: wholegrains and refined grains.

Wholegrains VS refined grains

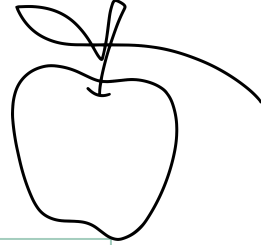
Wholegrains contain the three layers of the grain (i.e. the entire grain kernel), which include:

- The **bran** - contains fibre, B vitamins & minerals
- The **endosperm** - contains carbohydrate, protein & some vitamins
- The **germ** - contains B vitamins, vitamin E, healthy fats & antioxidants.

Refined grains are milled to have the bran and germ removed, giving them a finer texture and longer shelf life. However, a large proportion of nutrients such as fibre, vitamins and minerals are lost with the removal of the bran and germ. Examples of refined grains include white bread, white flour, white rice, etc.



Benefits of being well hydrated



Health benefits of Wholegrain

Wholegrains are packed with a variety of nutrients including protein, fibre, B vitamins, antioxidants and trace minerals. Research has shown that a balanced diet rich in wholegrains is associated with reduced risks of certain diseases, as well as improved overall health and wellbeing. In particular, wholegrains help to:

- Reduce the risk of heart disease, diabetes, colon cancer and diverticular disease.

- Support healthy digestion and reduce risk of constipation.
- Weight management - the high fibre content of wholegrains promotes the feeling of fullness and prevents overeating.

Recommended daily serves of grains

The Australian Dietary Guidelines recommend that children aged 14-18 years should eat 7 serves* of grain foods daily, preferably from wholegrain or high fibre varieties.

*It is important to note that the recommended serves depend on your age, gender, physical activity level, etc.

For more information, please visit eatforhealth.gov.au.

Examples of one serving of grain food:

- 1 slice of bread
- ½ medium roll or flat bread
- ½ cup cooked porridge, rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ⅔ cup wheat cereal flakes
- ¼ cup muesli
- 3 crispbreads
- 1 crumpet
- 1 small English muffin or scone

Ways to include more wholegrain in your diet

Start your day with a bowl of wholegrain cereal

Swap white bread, wraps and pasta with wholegrain varieties

Snack on wholegrain crackers, wholegrain granola and popcorn

Read food labels and look for "wholegrain", "wholemeal" varieties

Swap white rice with brown rice, quinoa, couscous, wild rice or bulgur

Add Barley or rice to your soups, stews, casseroles and salads

Eat for Health - Grain (cereal) foods



Australian Health Survey - Consumption of Food Groups. Australian Dietary Guidelines, 2011-12

