

Enjoy Grains the Whole Way!

You may have seen the words "whole grains," "multi-grain," and "100% whole wheat" on food products. If, you did not know what the difference was between them all, you are not alone! In this article, we will break down this topic and help you to better understand this side of healthy eating.

Whole Grains – What are They?

[Whole grains](#) are what they sound like: the whole part of the grain is intact.

No part of the grain is removed during processing. This means that all three parts of each grain are present, which includes the:

1. **Bran:** the outer layer of the grain. It contains fibre, B vitamins and antioxidants
2. **Germ:** the smaller part of the grain's interior. It contains healthy fats, B vitamins, minerals, and other nutrients
3. **Endosperm:** the largest part of the grain's interior. It is made up of starchy carbohydrates and protein, among other nutrients

There are different types of whole grains including wheat, rice, buckwheat, oats, spelt and others. It is recommended to include a variety of these grains in your diet to get the most health benefits.

Why are Whole Grains Important?

Whole grains give you all the grain's nutritional benefits. [Refined grains](#) and grains that have undergone some processing, have had some of their bran and germ removed – and with them, their nutrients. In Canada, refined grains are enriched with vitamins and minerals to help make them more nutritionally complete.

In the case of whole wheat bread, a large part of the germ is removed from the grain. Though it is a healthier alternative to heavily refined grain products such as white bread, it is not as nutritious as whole grain bread. Multigrain means that there are many types of grains in the product. Look for the words "[whole grain](#)" in the ingredients list, to make sure you are getting the most nutritious option.

The take home message is that our bodies need a variety of nutrients for optimal health, so it is best to choose whole grains often.



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Learn how to identify products that contain whole grains and how to incorporate them into your diet by clicking [here](#)

Discover different types of whole grains (e.g. barley, buckwheat, oats, spelt, wheat, and more) by clicking [here](#)

Click this [link](#) to explore new recipes that you can easily enjoy at home

Check this [link](#) to learn how to make Whole Grain Waffles, Homemade Granola, Whole Wheat Pizza Dough, and others

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References:

<https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/Cooking-with-Whole-Grains.aspx>

