

# GRAINS

Eilish O'Connor & Laura Fyffe

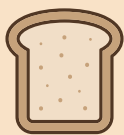
## 4 MAIN CATEGORIES

**Breads** - wholemeal, wholegrain, white, rye, pita & naan

**Breakfast cereals** - ready to eat, high fibre (wholegrain) oats, porridge, muesli, wholegrain biscuits (e.g. Weetbix, Vitabrix)

**Grains** - rice, barley, corn, polenta, buckwheat, spelt, millet, rye, quinoa

**Other** - pasta, noodles, english muffins, crumpets, rice cakes, flour, couscous, bulgar



## BENEFITS OF HIGH FIBRE FOODS

Helps people lose weight as they take longer to digest, making people feel fuller for longer

They are low in saturated fat - this type of fat has been linked with many chronic diseases such as heart disease and obesity

## WHY ARE GRAINS SO IMPORTANT?

Grains provide the body with essential nutrients such as carbohydrates which is the body's main source of energy

They also contain protein, fibre, B vitamins, as well as iron and zinc

Cereals and whole grain foods can reduce the risk of developing chronic diseases such as heart disease, diabetes and bowel cancer

The high fibre content in whole grains assists in preventing constipation

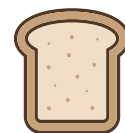
## HIGH FIBRE GRAINS:



Brown rice



Unrefined brown pasta



Brown whole grain bread

## WHOLE GRAIN VS REFINED

Wholegrain or unrefined foods contain the three layers of the grain (bran, endosperm, and germ)

This means they contain more fibre, vitamins, minerals and antioxidants compared to refined foods which have the outer layers of the grain removed during processing

### WHOLE GRAIN OR UNREFINED

### 'WHITE' OR REFINED

