

Total Nutrition

A New Super Food: Whole Grains

(NAPSA)—Soy, nuts, tea, fruits and vegetables have achieved something few foods do—“super-food” status. Studies suggest they offer more than the average amount of healthfulness—they seem to have the power to improve health and protect against certain diseases.

Recent research indicates one more food may be able to claim the same superstar qualities: whole grains. Within the past five years, whole grains have surfaced as a food having significant health benefits.


Cancer—Forty studies looking at 20 different types of cancer found that regularly eating whole grains as part of a low-fat diet reduces the risk of several types of cancer by as much as 50 percent. The most impressive association is with cancers of the mouth, stomach, colon, gallbladder and ovary.

Heart disease—Whole grains are consistently linked with heart health. A review of 12 recent studies showed that regularly eating whole grains as part of a healthful diet could reduce heart disease risk by as much as 26 percent.

Diabetes—The Nurses’ Health study found that participants who ate more than two servings of whole grains a day had a 27-percent lower risk of developing Type 2 diabetes than women who ate less than one serving daily.

What makes whole grains great?

Antioxidants—There are several in whole grains that may help protect the body from free radicals, which can damage cells and accelerate the clogging of arteries and the growth of cancer cells. A study looking at the activity level

Whole-Grain Roll Call	
Whole-Grain Food	Serving Size
Whole-grain cereals	1 ounce or 1/2 cup cooked
Whole-grain breads	1 slice of bread, 1 small roll, 1/2 bagel
Whole-grain pasta or brown rice	1/2 cup cooked
Whole-grain crackers	3-4 crackers
Popcorn	2 cups popped
Barley, bulgur, quinoa	1/2 cup cooked 

of antioxidants in foods found that, collectively, antioxidant activity in whole-grain cereals is more powerful than or at least equal to that found in most fruits and vegetables.

Fiber—Soluble fiber can lower cholesterol by reducing the amount that is absorbed in the body, and studies show it can help reduce the total amount of fat a person eats in a day. Whole-grain foods can be a good source of fiber.

Vitamins—Whole grains contain many vitamins and minerals that, in addition to acting as powerful antioxidants, may perform in powerful ways to provide health benefits.

The Whole Grain—When it comes to whole grains, the whole is truly greater than the sum of its parts. No one grain component can claim all the credit. Many different parts of the grain work together to give whole grains their “super food” status.

A Great Start Toward Total Nutrition—Aim for at least three servings of whole-grain foods a day. (See Table.) To find whole-grain foods, forget color, look at labels. Find ones sporting the new whole-grain health claim. Check ingredient lists, too. The first item listed should be a whole grain.

Brought to you by Total cereals, breakfast cereals with 100% of the daily value of at least 11 vitamins and minerals.