

Total Nutrition

Variety—The Spice Of Life

(NAPSA)—The government recently released the latest edition of its Dietary Guidelines for Americans. One of the biggest changes was a recommendation to eat even more fruits and vegeta-



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bles. You can imagine the look that my sons gave me when I arrived home from the market with squash, kale, two types of cabbage and an armload of lettuce. I explained to them that it's not just how much you eat, but what you eat.

Not all vegetables are alike. Carrots, for example, are rich in a plant compound called beta-carotene that gives them their orange color. Red tomatoes supply vitamin C and lycopene, a pigment that may help lower cancer risk. Green-colored cabbage, kale, and broccoli belong to a family of vegetables that also may help ward off cancer. The more colors in your meals, the more nutritious and healthful they are.

Variety is important when choosing whole grains. "Each type of whole grain has its own combination of active compounds and potential health benefits," explains Joanne Slavin, Ph.D., R.D., a professor of food science and nutrition at the University of Minnesota. "For example, whole wheat is rich in a type of fiber called insoluble fiber that helps keep the gut healthy."

Whole grain cereals offer numerous health benefits. Whole

A Variety Of Whole Grains

- Start the day with a whole grain cereal
- Mix your own combo of a few different whole grain cereals
- Enjoy popcorn for snack
- Try whole wheat pasta
- Choose corn or whole wheat tortillas
- Try unusual grains—quinoa, buckwheat, millet, spelt

Grain Total is made from whole grain wheat and brown rice. Whole wheat contains antioxidants and other healthful compounds, while brown rice contains unusual fatty acids that may help lower blood cholesterol and promote heart health. The soluble fiber in whole grain oat cereals helps lower blood sugar and blood cholesterol. Antioxidants in whole grain corn cereal may protect against some cancers.

The next time you go food shopping, add variety by picking several different types of fruits, vegetables and whole grain products.

Ask Mindy

Q: Bran cereals give me cramps. What should I eat instead?

A: Bran cereal is very high in fiber, but whole grain cereals have benefits that go beyond fiber. For the most whole grain benefit, look for cereals that say "good" or "excellent" source of whole grain on the package. Whole Grain Total is an excellent source.