



WHOLE GRAIN

There are a lot of confusion going on when it comes to “whole grain”, so the below section will be obliged to explain the definition of whole grain. There will be examples and an explicit explanation on the most frequently asked question that some people do not know up till now: what is the difference between “whole wheat” and “Whole grain”.

BY DEFINITION whole grain products are products that the whole kernels are intact, meaning that the three essential parts – namely the bran, endosperm, and the germs – are present. Else they would not be qualified as whole grain. A whole grain could be compared to eggs – the bran as the shell; endosperm as the egg white; and the germs as the yoke. Just like eggs’ shell, bran protects the kernel from harm, be it by insects or environment. The germs are like yokes, they feed on the endosperms like how yokes feed on egg whites. However the difference between eggs and whole grains is that much of the essential vitamins of a whole grain lies in its bran, which is why it is so important that every part of a grain must be intact in order to be qualified as whole grain.

Whole wheat Vs Whole grain

A lot of people tend to confuse whole wheat with whole grain. Explaining this in a simple way would be to compare cabbages to vegetables. If asked that way people could come up with an

answer right away that cabbages are vegetables but not all vegetables are cabbage. This is also true for whole wheat and whole grains. Whole wheat is a type of whole grain just like cabbages are a type of vegetable.

Example of whole grains

- *Amaranth*
- *Barley*
- *Buckwheat*
- *Corn, including whole cornmeal and popcorn*
- *Millet*
- *Oats, including oatmeal*
- *Quinoa*
- *Rice, both brown rice and colored rice*
- *Rye*
- *Sorghum (also called milo)*
- *Teff*
- *Triticale*
- *Wild rice*
- *Wheat, including varieties such as spelt, emmer, farro, einkorn, Kamut, durum and forms such as bulgur, cracked wheat and wheatberries*

Health benefits of whole grains

According to the wholegraincouncil.org, there are research yielding an interesting result that the consumption of whole grain products could alleviate chronic diseases. Even though the benefits can be seen more vividly in those who consume more than three servings daily, the study also shows that those who consume even a small amount of whole grain will also benefit from its nutrients.

The benefits of whole grains most documented by repeated studies include:

- *stroke risk reduced 30-36%*
- *type 2 diabetes risk reduced 21-30%*
- *heart disease risk reduced 25-28%*
- *better weight maintenance*

Other benefits indicated by recent studies include:

- *reduced risk of asthma*
- *healthier carotid arteries*
- *reduction of inflammatory disease risk*
- *lower risk of colorectal cancer*
- *healthier blood pressure levels*
- *less gum disease and tooth loss*

