

Compared with diets high in refined grains, diets rich in nutritious whole grains reduce your risk of type 2 diabetes, cardiovascular disease, and high blood pressure. On the flip side, the diet high in refined grains can contribute to high triglycerides and increase inflammation throughout the body, which may worsen symptoms of arthritis. Refined grains may also stand in the way of weight loss; because they are low in fiber, they're not as filling as whole grains and are much easier to overeat.

White bread, regular pasta, and other products made with "enriched wheat flour" or "all-purpose flour" are wheat-based and therefore contain gluten, so they should be avoided by people with celiac disease. In fact, all versions (including healthy whole-grain varieties) of wheat, rye, and barley contain gluten and must be avoided by people with celiac. If you have celiac disease, specifically choose gluten-free, whole grains like wild and brown rice, quinoa, amaranth, buckwheat, and whole corn and packaged foods made with these ingredients (and as an extra measure of precaution, be sure to check package labels).