

# ***Foods that Shrink Belly Fat?***

*Why Whole Grains are Healthy*

# Why Whole Grains are Good for You

- **Shrinks Belly fat?**

- In a recent Penn State study, individuals who included whole grains such as oatmeal, whole grain cereal, barley, and brown rice in their weight loss diet lost more belly fat than individuals who chose refined grains instead.
- Eating whole grains may also help you maintain a healthy weight

- **Lowers cholesterol?**

- Eating whole grain foods has been shown to lower LDL (“bad cholesterol”), increase HDL (“good cholesterol”) and lower triglycerides (another type of fat)

- **Manages blood glucose (sugar)?**

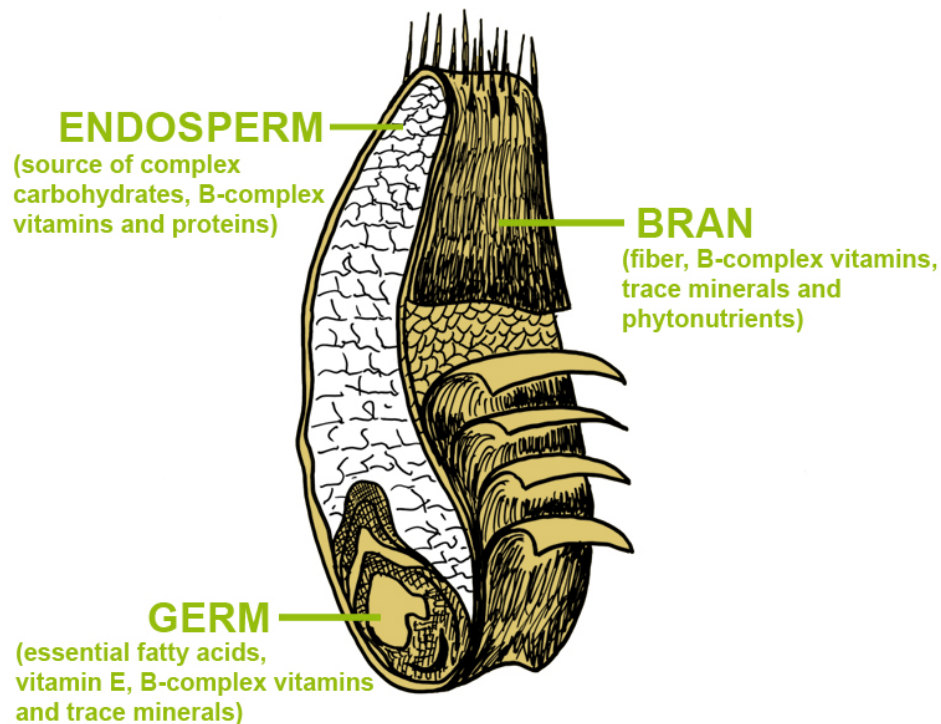
- Most whole grain foods are **low** on the glycemic index. Low glycemic index foods produce a slow and steady rise in blood glucose levels
- Eating whole grain foods may help prevent Type 2 diabetes

# What are Whole Grains?

- Whole grain is the grain in its most natural form. Just like an egg its made of the shell, yolk, and white, the grain, is made of three different layers:
- Bran – The outer shell of the grain contains phytochemicals (disease-fighting substances), fiber, B vitamins and minerals such as calcium, magnesium, iron, copper and zinc.
- Endosperm – The inner portion of the grain contains carbohydrates, protein, and some B vitamins
- Germ – The inner core of the grain contains, B vitamins, vitamin E, unsaturated (healthy) fat, phytochemicals and antioxidants (disease-fighting substance)

# The Whole Grain

## The Whole Grain Kernel



# What are Refined Grains?

- Refined grains only contain the endosperm.
- Refined grains contain less vitamins and minerals than whole grains

# Refined Grains



# How Much Whole Grain Should I Eat Every Day?

- Eat at least **3 servings** of whole grains per day. Each serving contains 16g of whole grains
- **One serving is:**
  - ½ cup cooked brown rice
  - ½ cup whole wheat pasta
  - ½ cup cooked oatmeal

# How much Should I Eat?



**Yellow cup = 1/2 cup**

# ***Finding Whole Grains on Supermarket Shelves***

# Watch out for words that “sound” like they are whole grain but are not

- *These are:*
  - Multigrain
  - Semolina
  - Honey wheat
  - “Enriched” wheat flour
  - Corn flakes
  - Grits
  - High fiber

# Enriched Pasta



# How do I know if I am Buying Whole Grain Foods?

- *Check the ingredient list*

- The first ingredient should include the word “**whole**” followed by the grain. For example “**whole oats**” “**whole rye**”

# Whole Wheat Pasta



# Whole Grain Rice

- Whole grain or Brown rice is a whole grain food
- Brown rice and white rice contain similar amounts of carbohydrate per serving
- Brown rice may require additional water and it takes longer to cook than white rice

# Whole Grain Brown Rice



# Quinoa

- A nutrition powerhouse, quinoa is a grain full of protein, vitamins, minerals, and fiber
- Roast quinoa on a dry skillet for a few minutes and cook one cup of quinoa in two cups of water.
- Quinoa will be done when the grain is transparent and there is a dark ring around it.
- Use quinoa as a side dish.

# Quinoa



# Quinoa



# Barley

- Barley is another low glycemic index food winner.
- Barley is a “soup food” and a side dish

# Barley



# Oats

- Buy old fashioned or steel cut oats
- Steel cut oats have a nutty taste and require longer cooking time
- Buy plain oats and add your own fruit, seeds, and nuts for extra nutrition

# Oats



**Nutrition Facts**  
Serving Size 1/4 Cup (40 g)  
Servings Per Container about 17

Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 27g	9%
Dietary Fiber 4g	15%
Soluble Fiber 2g	
Insoluble Fiber 2g	
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%

\*Percent Daily Values are based on a diet of other people's secrets.



# Cold Whole Grain Cereal

- **Read the ingredient: Look for “whole” in front of the grain.**
- **Some cereals carry the whole grain council stamp.**
  - The stamp indicates whether the cereal has 8 grams (half serving) or 16 grams (1 serving) of whole grain
  - Remember: Your goal is to have 3 servings of whole grain servings per day

# Whole Grain Cereal



7 WHOLE GRAIN Flakes	
Nutrition Facts	
Serving Size	1 cup (50g/1.8 oz.)
Servings Per Container	About 8
Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1g*	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Potassium 160mg	5%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	23%
Sugars 5g	
Protein 6g	

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Kashi® Seven Whole Grains & Sesame™ Blend (Whole Grain: Hard Red Winter Wheat, Long Grain Brown Rice, Oats, Barley, Triticale, Rye, Buckwheat, Sesame Seeds), Long Grain White Rice, Evaporated Cane Juice, Barley Malt Syrup, Wheat Bran, Oat Fiber, Brown Rice Syrup, Salt.

**CONTAINS WHEAT INGREDIENTS.**

DISTRIBUTED BY  
Kashi Sales L.L.C.  
La Jolla, CA 92038 U.S.A.

# Whole Grain Couscous

- Couscous cooks in a very short time making it an ideal side dish for a quick meal
- Add vegetables and seeds (pumpkin seeds, sesame seeds) for added nutrition and flavorful twist

# Whole Wheat Couscous



# Buckwheat

- An alternative to “white flour” pancakes, buckwheat comes to life with berries, and nuts
- Agave syrup is a low glycemic food that can be used instead of syrup

# Buckwheat Flour



The image shows the Nutrition Facts label for Arrowhead Mills Buckwheat Flour. The label is white with black text. At the top, it says "Nutrition Facts" in a large, bold font. Below this, it says "Serving Size 1/4 cup (30g)" and "Servings Per Container about 30". The label is divided into two main sections: "Amount Per Serving" and "% Daily Value\*". The "Amount Per Serving" section lists the following: "Calories 115", "Calories from Fat 15", "Total Fat 1.5g", "Saturated Fat 0g", "Cholesterol 0mg", "Sodium 0mg", "Potassium 175mg", "Total Carbohydrate 20g", "Dietary Fiber 6g", "Sugars less than 1g", and "Protein 5g". The "% Daily Value\*" section lists the following: "Total Fat 2%", "Saturated Fat 0%", "Cholesterol 0%", "Sodium 0%", "Potassium 5%", "Total Carbohydrate 7%", "Dietary Fiber 24%", "Sugars less than 1g", "Protein 5g", "Vitamin A 0%", "Vitamin C 0%", "Calcium 0%", and "Iron 6%".

Amount Per Serving	
Calories 115	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 175mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars less than 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

# Whole Grain Snacks

- **Corn is another whole grain and corn based snacks and corn products such as corn tortillas are whole grain foods**
- **Healthy popcorn tips:**
  - On the stove, use a small amount of olive oil
  - Place popcorn in a brown bag, seal it and use the popcorn setting on the microwave
- **Select corn chips made with 100% corn**

# Corn - Popcorn



# Corn Chips



[www.lorenadrago.com](http://www.lorenadrago.com)