



## eat more wholegrains

*At least half of our daily servings of bread, rice cereal and pasta should be wholemeal or wholegrain to help reduce our risk of cancer, urges the Cancer Council of NSW, following release of a review examining the evidence.*



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### What are wholegrains?

Wholegrain foods are those that contain the outer bran layers and germ components of the grain. They are higher in fibre, nutrients and phytochemicals than more refined grains.

According to the Commonwealth Scientific and Industrial Research Organisation's Dr Graeme McIntosh, who authored the review, "fibre comes out as protective, but it's not the whole story.

"Fibre may be a marker for other substances with anti-cancer effects in the outer layers of grains, such as phytates, phenolics, lignans and phytosterols," he said.

### What are the benefits?

Eating wholegrains provides additional benefits beyond just cancer-risk reduction.

People who eat more wholegrains have a:

- lower risk of death from all causes;

- lower risk of heart disease;
- lower risk of diabetes, improved blood-sugar control; and,
- good laxation and bowel regularity.

### Easy ways to add wholegrains to your diet.

**Breakfast**—include wholegrain cereals such as Weet-Bix or rolled oats, wholegrain English muffins, wholemeal fruit bread, wholemeal crumpets.

**Lunch**—choose wholegrain or wholemeal breads, rolls, pita bread for your sandwiches.

**Dinner**—incorporate brown rice, wholemeal pasta, wholegrain bread.

**Snacks**—wholegrain snacks include popcorn, corn on the cob, wholegrain crispbread and wholemeal muffins, among others.

See page 40 for some great recipes.

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