



wholefoods for better health

A new study has confirmed that eating a diet rich in whole- and unrefined foods, rather than refined, causes important changes in the body to protect against chronic disease.



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Women with elevated cholesterol levels experienced a 13 per cent drop in total cholesterol, a boost in their body's antioxidant defence and improved bowel function when they were fed a phytochemical-rich diet instead of a refined-food diet. The differences were seen after just four weeks!

phytochemical-rich diet

This is one rich in whole and unrefined foods such as whole-grains, dark green and yellow-orange coloured vegetables, legumes, nuts and seeds.

A refined-food diet, on the other hand, is based on animal products, which are phytochemical-free, and is high in refined and processed foods. The milling of grains removes more than two dozen essential nutrients, along with dietary fibre and phytochemicals. Most Australians and New Zealanders consume a largely refined-food diet.

whole foods are better

Whole and unrefined foods are better for health because they provide an abundance of dietary antioxidants, phytochemicals (natural plant chemicals thought to protect against disease, if consumed regularly in the diet) and fibre.

These protective elements act synergistically, not simply as singular, isolated compounds. Refined foods are lacking in these protective elements.

While every morsel you eat doesn't have to be unrefined, it does make nutritional sense to base your diet on wholefoods. For example, choose vegetables or salads, fruits, whole-grain breakfast cereal and dark seeded breads daily; include some type of beans or products like soy milk most days of the week, and take a handful of nuts every second day.

See page 42 for a tasty, wholefood recipe.

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