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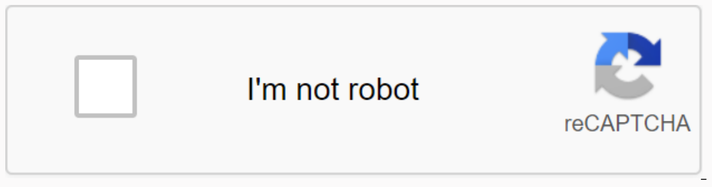

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The refining process increases the shelf life of the grains, but reduces their nutritional value. This NutriNeat article presents a complete list of A to Z of common and unusual whole grains. Read on to learn about the health benefits they offer. Did you know that? Whole grains are used to produce various consumer products in addition to food products. Wheat is used to produce adhesives, coatings, polymers, resins, paper, straw particle board (wood), carbon-free copied paper, roofs and other building materials, golf tees, finishing agents in the textile industry, insulation, coal, biodegradable foams and packaging products, cups, plastic bags, etc. Just a few decades ago, homemade whole grain food was the main ingredient in a regular diet. Drastic lifestyle changes and a fast-lane approach to living have significantly affected the eating habits of people around the world. But the rapid availability of knowledge on the internet has made people realize what is healthy and what can seriously harm health. So healthy food is coming back. Would you like to write to us? Well, we're looking for good writers who want to spread the word. Contact us and we will talk... Let's work together! Foods and flours that contain bran (outer layer of the grain), endosperm (larger middle layer) and germ (inner component) of the grain are considered as whole foods. The bran contains fibers, antioxidants, B vitamins, phytochemicals and 50-80% of the minerals found in the grain. The endosperm is full of carbohydrates, but also contains proteins, some B vitamins and minerals. The germ contains healthy fats, B vitamins, phytochemicals and antioxidant vitamin E. When the grains are ground and refined, the bran and germ are removed during the process. This helps increase the shelf life of the food, but takes away a large amount of vital nutrients. In addition, whole grains have a typical nutty flavor. Refined grains cannot convey such flavor to food. More information on the health benefits provided by whole grains is also presented in the article. For now, let's take a look at the whole grain list. * Click on the names for more information about the grains. Health benefits The health promotion potential of whole grains is greater than that of vegetables or fruits.' Fiber helps improve digestive health.' The grains help keep the weight within the normal range. Refined foods promote weight gain. They reduce the risk of type 2 diabetes, metabolic syndrome, inflammation-related diseases, breast cancer, etc.' They help prevent the formation of gallstones.' They're a good source of energy and can keep you satiated for a longer period of time.' women's health, especially postmenopausal women.' They promote cardiovascular health. It is a pseudo-grain, but its uses and nutrition are similar to true grains. That's one. A. and slightly sticky gluten-free grains.1 cup provides 21% of the recommended daily value of dietary fibers.' It contains a high amount of protein (it has about 14% protein), magnesium, and calcium.' The sqletum compound in the grain can help prevent cancer.' It can be used in cereals, breads, muffins, biscuits and pancakes, or you can pop it like corn and consume it.) Good source of essential lysine of amino acids, which is rarely found in grains. Peeled barley is added to stews and soups. Your flour is used in bakery products. Malted barley is used to make beer and whiskey. Rich in fiber. 1 cup contains about 25% of the recommended daily intake. Peeled barley is considered as a whole grain and is nutritious. Although pearl barley is not a whole grain. Would you like to write to us? Well, we're looking for good writers who want to spread the word. Contact us and we will talk... Let's work together! Only the outermost layer of the grain, the hoof, is removed to obtain brown rice. The aleurone layer of the grain that is filled with healthy essential fats is removed during the polishing process. Thus, white rice is low in nutrients. A good source of niacin (vitamin B3), manganese, phosphorus, magnesium and copper.' It is rich in fiber and selenium, which reduce the risk of colon cancer. It's not a kind of wheat, but it's gluten-free. It is a seed of an herb that is triangular in shape. It's crushed to make groats or ground to make flour.' It is rich in fiber and is used to make pancakes and noodles. Buckwheat porridge can be a good energizing breakfast food.' Among all other grains, buckwheat contains very high levels of the antioxidant compound rutin, which improves blood circulation. (Prevents LDL cholesterol from restricting flow in blood vessels.) Cooked wheat grains (mainly durum wheat) are dried and cracked to produce bulgur.' 1 cup can provide 33% of the recommended daily fiber value.) It's used in sweet and savory dishes.' As it is cooked and dried, it takes only 10 minutes to cook bulgur. So it's as popular as pasta. Although maize is produced to feed livestock and make sweeteners, people have recently started to think of it as a healthy food.' It is consumed in many ways. For example, popcorn, corn on the cob, soups, salads, pates, cornflour, boiled or cooked corn, polenta, tortillas, etc. A study by Cornell University found that corn contains more antioxidants than any other grain or vegetable. It's an ancient variety of wheat. It's just a diploid wheat with only two sets of chromosomes. It is grown in Italy, Austria, France and Germany. Also in the U.S., farmers began farming einkorn. Studies indicate that einkorn more protein, phosphorus, potassium and beta carotene than modern wheat. It's IS the old variety of wheat and is used to make a special type of dough.' Semolina flour made from emmer is used in soups and special dishes.' It contains more fiber and fewer calories than brown rice and quinoa, and so you can incorporate it into a weight loss diet. Lightly polished durum wheat grains are called grano. Some amount of bran is lost during this process, but polishing helps reduce cooking time.' Although it cannot be called pure whole grain, it is definitely healthier than fully refined grains. Also known as khorasan grain, it is widely cultivated in various parts of the world.) contains more protein (11 g in 1 cup) and antioxidant vitamin E than ordinary wheat. Organically grown kamut is used as an ingredient in various whole grain products. He is native to Peru and Bolivia. He can be described as a cousin of quinoa.' It contains about 15-19% protein.' It is not covered with bitter saponins (such as quinoa) that need to be rinsed before use.) is loaded with antioxidant quercetin. It can be used in a wide variety of foods — in desserts, breads, side dishes, baked goods, porridge, alcoholic beverages, etc.) Displays a good balance of essential amino acids.) It is gluten free and is a good source of magnesium, copper, manganese and phosphorus. It's a healthy food for the heart.' It can help reduce the severity of asthma and migraine attacks. They're an invariable part of breakfast cereal.' They contain a unique antioxidant, avenanthramides, which cancels out the effects of LDL cholesterol and helps maintain blood vessel health. They are packed with fiber called beta-gluca, which helps reduce blood cholesterol levels and improves immune system function. Quinoa protein contains a significant amount of heart-healthy fats. Rinse before cooking is essential to get rid of bitter saponins. Quinoa protein is a complete protein because it contains all the essential amino acids. Quinoa's anti-inflammatory phytonutrients help decrease the risk of inflammation-related diseases. It's low in gluten. Rye fiber has an exceptionally high water binding capacity and therefore can quickly make you feel satiated. You can incorporate rye bread into weight loss diets. It is gluten-free and can be used in various foods such as porridge, beer and bakery products. Burst sorging is also a healthy food.' Research shows that it contains more polyphenol antioxidants than pomegranates and blueberries. More research is needed to confirm the use of bran (which is removed during processing) as a food additive as it can increase the antioxidant content of the food. It is a type of wheat that contains a greater amount of protein than most other types. It increases immune system function and keeps you healthy and strong. It's loaded with calcium. A cup of can provide 12% of the recommended daily value of mineral calcium.' Contains antioxidant vitamin C. This vitamin is rarely found in grains.' It's gluten-free and rich in iron too, it's rich in complex fibers, which helps prevent colon cancer. It's a newly developed hybrid of durum wheat and rye.' As it does not require any use of commercial fertilizers and pesticides, it is an ideal crop for organic farming. It is rich in antioxidants. Half a cup of wheat fruits contains several essential nutrients such as selenium, manganese, phosphorus and magnesium. They contain lignan–a phytochemical believed to protect women from breast cancer.' It is an essential ingredient in breads, pastas, cakes, biscuits and various other food products that are incorporated into the regular diet. When purchasing any food product, it should be checked that the first ingredients listed on the label are whole grains. According to data published by SPINS in May 2011, the Whole Grain label helped increase product sales by 13.3% in 2010. Several studies show that people have started consuming more whole grain products not only because they are healthy, but also because they are enjoying their flavor. October 2013 Intact Grains By Melinda Lund, MS, RD Today's Dietitian Vol. 15 No. 10 P. 38 Here is a simpler way to advise customers on intact and whole grains and their many health benefits. It is common practice for nutrition professionals to tell clients about the goodness and health benefits of whole grains, also known as intact grains. Many customers already know that they should eat more whole grains, but despite the wealth of nutritional information available to them, they may still not understand what whole grains are and how to choose the best foods that contain them. And they may know nothing about how whole grains are processed, and that certain processing methods can remove many of the nutrients vital to health. In this article, today's Nutritionist defines intact grains (the true whole grains) in simple terms that customers will understand, discusses the various methods of processing these grains and presents some of the best whole foods to buy that maintain their high nutritional profile. Whole grains 101 whole grains, or foods made from them, contain all the essential parts of the grain seed; in other words, they contain 100% of the original kernel, which includes bran, germ and endosperm. All three of these kernel layers must be intact—hence the term intact grains. Because these layers are intact, the grain contains a richer nutritional profile of antioxidants, B vitamins, proteins, minerals, fibers and healthy fats than grains that have been stripped of bran and germ through processing. According to Andrew Weil, MD, director of the Arizona Center for Integrative Medicine at From Arizona, whole grains are grains that are intact or in some large pieces, not whole wheat bread or other products made of flour. To analyze the best way to incorporate grains into the diet, it's helpful to define what a grain really is and what it provides with regard to nutritional value, says Angela Jenkins, RD, LD, project coordinator for the Ozarks CoxHealth Regional Food Policy Council in Springfield, Missouri. Grains are small, hard, dry seeds —with or without hooves or layers of prey fruit—harvested for human or animal feed. The main types of commercial grain crops are cereals such as wheat and rye, and legumes such as beans and soybeans. Grains are an important contributor to health and have been since biblical times. How intact grains are processed What is important for customers to understand is that whole grains are often processed, and that the processing method used determines the nutritional status of the final product. Whole grains that are processed just enough to improve palatability or digestibility still have the layers of bran and germ partially intact. Whole grain foods that are minimally processed include steel-cut oats, cracked wheat and whole wheat ground in stone. Ground whole grains go through a process in which the layers of bran, endosperm and germ are ground into a fine flour to make whole grain pasta, breakfast cereals and breads. Refined grains have bran and germ layers removed during processing. Only the endosperm remains, which is composed mainly of refined starch. Refined grains have a high glycemic load and are therefore rapidly absorbed into the bloodstream. In general, processing alters the caloric density of a grain and the glycemic load. The caloric density of a processed whole grain product (e.g., whole wheat bread) is similar to that of white bread, and the final product of a ground or refined grain has a much higher glycemic load than its counterpart of intact whole grains. The best option for customers is to select products that contain the grain in its natural and complete form to obtain maximum nutrients and the lowest glycemic load. Once they know how to select the most nutritious grains, nutritionists can advise them on how to incorporate them into their diet. Several intact grains are available for customers to include in their diet. Some of the most common include the following: Barley Barley originating in Ethiopia and Southeast Asia, where it has been cultivated for over 10,000 years. As wheat was very expensive and was not widely available in the Middle Ages, many Europeans at the time made bread from a combination of barley and rye. In the 16th century, the Spanish barley in South America, and the English and Dutch settlers of the seventeenth century brought it with them to the United States. Peeled (or unarmed) barley is considered an intact grain because only the outermost outer hull the grain is removed, while the pearl barley is not considered an intact grain because its hoof and bran have been removed. Peeled barley is a little more chewed than pearl barley and requires longer soaking and cooking times, but in the end it is more nutritious. Barley contains 13 g of fiber per cup, along with selenium, phosphorus, copper and manganese. Dietary fiber in barley is rich in beta-glucan, which helps lower cholesterol by binding to bilial acids and removing them from the body. Customers can use barley in soup or dishes that usually order rice (e.g. french fries, pilafs). Customers should absorb peeled barley for several hours or overnight, using twice the amount of water for the amount of barley. Immersion in barley facilitates digestion and reduces cooking time. Once the barley has drenched, customers should drain it and rinse it. To cook, mix 1 cup of barley for every 3 cups of water in a uncovered pan and bring it to a boil. Then reduce the heat and let the barley boil for approximately 45 minutes. Salt should not be added before barley has finished cooking, as it prevents water from being properly absorbed. Oats, which are a good source of dietary fiber, manganese, selenium, magnesium, zinc and phosphorus, have been grown for 2,000 years in various regions around the world, originating in Asia from the wild red oat plant. Scottish settlers brought oatmeal to North America in the early 17th century. Once harvested and cleaned, the oats go through a roasting process. They are peeled — although not stripped of their layers of bran and germ, ensuring that they retain their fibers and other nutrients. Oats are processed in the following ways that do not alter their nutritional value: • Oat groats are unflagged grains that are best used as breakfast cereal or for stuffing. • The steel-cut oats have a dense and chewed texture. To produce grain, processors place them in a machine of steel blades that cut them finely. • Old-fashioned oats are steamed and then rolled. • Quick-cooking oats are processed as old-fashioned oats, except that they are finely sliced before being rolled. These instant-flavored oats contain higher levels of sodium to help speed up the cooking process, so let customers know they're watching their sodium intake. Brown rice brown rice is believed to have been first grown in China about 6,000 years ago, although recent discoveries have found primitive rice seeds and ancient agricultural tools date back about 9,000 years ago. The Spanish introduced rice to South America in the 17th century during their colonization of the North American continent. Asia currently grows most of the world's rice, with Thailand, Vietnam and China being the three largest The process of producing brown rice removes only the hoof of the rice grain and is the least harmful to its nutritional value. When brown rice is processed to make white rice, most of the b vitamins, phosphorus and iron and all dietary fibers and essential fatty acids are removed, requiring producers to add back b vitamins and iron. Brown rice is a good source of manganese, selenium, magnesium and fiber, with 1 cup of cooked brown rice containing 14% of the Daily Fiber Value. Quinoa Considered pseudocereal, quinoa is technically a seed. It originated in the Andes region and, together with corn, was one of the two fundamental foods of the Inca Empire. Most of the quinoa consumed in the United States still comes from South America, with Peru as the largest commercial producer. Quinoa contains significant amounts of lysein and isoleucine, which add to its ability to serve as a complete source of protein. About 25% of quinoa fatty acids come in the form of oleic acid, a heart-healthy monounsaturated fat, and about 8% comes in the form of alpha-lyonenic acid (ALA), the omega-3 fatty acid most commonly found in plants. Quinoa contains significant amounts of certain tocopherols (1 cup = 2 mg gamma-tocopherol) that are not normally found in grains. It is also a good source of folate, copper and phosphorus. Quinoa can be used in any recipe in which you would use rice. It also makes a delicious hot breakfast cereal. Customers can prepare quinoa by rinsing it first in cold water to remove saponins that contribute to its slightly bitter taste, although most of the quinoa sold in the United States has already removed it. From there, customers can prepare it as they would with rice —1 cup of quinoa to 2 cups of water. Mix the quinoa and water in a uncovered saucepan, bring it to a boil, cover and simmer for 15 to 20 minutes. Fluff it with a fork, then serve. Millet Millet is a group of small seed-like grains that grow in arid and infertile environments. It is believed to have originated in North Africa, specifically Ethiopia, where it has been consumed since prehistoric times. Millet was introduced in the United States in the 19th century. Millet is a good source of manganese, phosphorus and magnesium and contains niacin, folic acid and vitamin B6. It also contains about 4 g of protein per 1/2 cup. It can be used in place of rice, and its texture changes depending on the cooking method. Cook 1 cup of millet in 21/2 cups of water. If left alone during cooking, fluffy grains similar to rice will result. If it is stirred frequently and the extra water is added, it consistency similar to mashed potatoes. Millet takes about 25 minutes to cook. Buckwheat Buckwheat is native to northern Europe and Asia. From the 10th to the centuries, was widely cultivated in China. It was introduced to Europe and Russia in the 14th and 15th centuries, and the Dutch brought it to the United States in the 17th century. Buckwheat contains several flavonoids, such as rutin, which help lower blood lipids. It is a good source of magnesium, with 20% of the Daily Value found in 1 cup. It also contains all eight essential amino acids. Products such as soba noodles and flour-based pancakes contain a processed form of buckwheat. Buckwheat groats are the intact version with the best nutrient profile. For raw wheat groats, toast is highly recommended to give them a pleasant taste and nuts. Customers can buy black asted buckwheat groats, in which case they are labeled as kasha. To toast the wheat groats, place them in a dry pan over medium heat and stir for 5 minutes until golden brown. To cook, use 2 cups of water for 1 cup of groats or kasha and bring to the boil. Reduce the heat down and simmer until soft. Untoasted buckwheat takes 20 to 30 minutes to cook; Kasha takes about 15 to 20 minutes. Practical Pearls Knowing the differences between intact grains and processed whole grains is important for nutritionists when recommending them to customers and patients or even preparing them for their own families. Learning about the different processing methods is also an important step in ensuring that customers get the grains that pack the highest nutrient profile. — Melinda Lund, MS, RD, is an independent nutrition writer and medical nutrition therapist at Mercy Integrative Medicine in Springfield, Missouri. Hot Coconut Millet Porridge Serves 2 to 4 Ingredients 1 cup unsweetened almond milk (If you use sweetened almond milk, lower the amount of optional honey and maple syrup) 3/4 cup coconut milk 3/4 tsp pure vanilla extract 2 tablespoons to 1 1/2 T optional raw honey (optional (optional) 2 tsp to 1 1/2 T Grade A maple syrup (optional) 1/8 tsp sea salt 1/4 tsp ground cinnamon 1/4 tsp ground cardamom 2 cups cooked millet* 3 T unsweetened flaked coconut 2 T chopped pistachios, almonds, or walnuts (optional) 2 T toasted coconut flakes not sweetened (optional) Directions 1. In a medium saucepan, mix almond milk, coconut milk, vanilla, honey, maple syrup, salt, cinnamon and cardamom. Stir in millet and coconut flakes, breaking any thicket of the millet. 2. Bring the mixture to a boil using medium heat and bring to a boil for 10 minutes, breaking all the remaining pieces of millet, until thickened. 3. Remove serve with pistachios and roasted coconut flakes if desired. * Cook the millet in a ratio of 1 part millet to 2 1/2 parts water for about 30 minutes. Nutrient analysis per year (based on 4-part) Calories: Calories: Protein: 5 g; Carbohydrates: 32 g; Fiber: 3 g; Total fat: 16 g; Soap fat: 12 g; Cholesterol: 0 mg; Sodium: 127 mg — Recipe used with permission from Pamela Salzman (Quinoa and Black Beans Serves 10 Ingredients 1 tablespoon vegetable oil 1 onion, chopped 3 cloves garlic, peeled and chopped 3/4 cup raw quinoa 1 1/2 cups vegetable broth 1 tablespoon ground cumin 1/4 tablespoon cayenne pepper Salt and pepper to taste of 1 cup frozen corn kernels Two 15 oz black grains, rinsed and drained 1/2 cup chopped fresh coriander Directions 1. Heat the oil in a medium saucepan over medium heat. Mix the onion and garlic and sauté until lightly browned. 2. Mix quinoa in the pan and cover with vegetable broth. Season with cumin, cayenne pepper, salt and pepper. Bring the mixture to a boil. Cover, reduce heat and cook 20 minutes. 3. Mix the frozen corn in the pan and continue boiling about 5 minutes until warm. Mix the black beans and coriander and serve. Nutrient Analysis per calorie sum: 153; Protein: 8 g; Carbohydrates: 28 g; Fiber: 8 g; Total fat: 2 g; Fat wise: 0 g; Cholesterol: 0 mg; Sodium: 517 mg — Recipe used with AllRecipes.com AllRecipes.com

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