



WHOLEGRAINS

VERSUS

REFINED GRAINS

WHAT MAKES THEM DIFFERENT AND WHY DOES
IT MATTER?



Wholegrains provide more naturally healthy nutrients like fibre, vitamins B and E and even some beneficial fats in small amounts



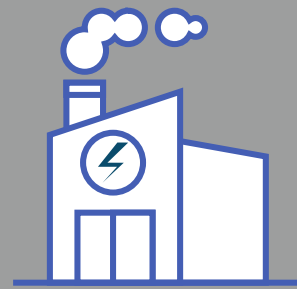
Wholegrains have been shown to reduce the risk of cardiovascular disease, colorectal cancer and diabetes



Generally people who eat wholegrains make other healthier food choices like eating more fruits and vegetables



Wholegrains provide energy that is often slowly released which can help curb hunger and help with feeling fuller for longer



Refined grains only provide starch with all other nutrients mostly stripped away

Due to what else they're eaten with, refined grains are generally associated with increased health risks like cardiovascular disease, diabetes and obesity



People who eat refined grains generally make other unhealthy food choices such eating more processed meats and more discretionary foods like sugary drinks and fast foods



Refined grains provide energy that is often quickly released and this may lead to spikes and then falls in blood sugar which can increase moodiness and make you want to eat more