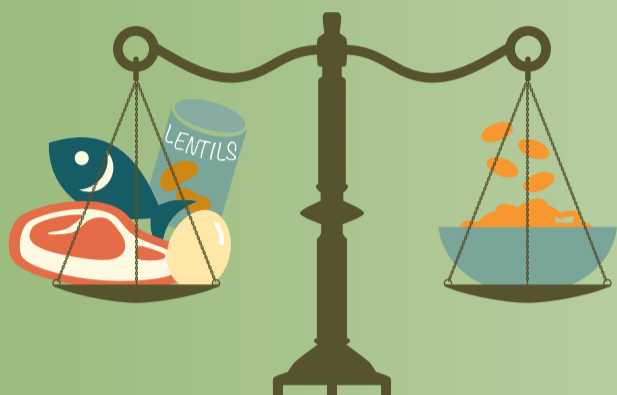


Grains and Weight Loss: the Whole Story

Whole grains power weight loss



A higher protein diet *which includes nutrient rich grain foods* is a **balanced approach** for *weight loss*.

A recent study of young Australian women supports the benefits of a higher protein diet that includes **4 serves** of healthy grain foods each day. This higher protein approach to weight loss **helps manage your hunger while providing a nutrient rich diet** you are more likely to follow in the long term. By 6 months women who sustained this balanced approach to weight loss were able to achieve over **9% body weight loss which they maintained over the full 12 months**.¹

It's a fact!

90%

of people who lose weight regain it.²

FAD DIETS DON'T WORK!

Did you know?

The CSIRO total wellbeing diet, Australia's # 1 higher protein weight loss diet actually **contains nutrient rich grain foods every day**.

"Whole grain foods are critical in a balanced diet for weight loss and weight maintenance."

Higher protein diets **help to fill you up** so you are less likely to feel hungry. Feeling satisfied is called *satiety*.

4 serves of whole grain and high fibre grain foods each day provides your body with essential nutrients, may promote weight loss and prevent weight gain while giving you the *variety to maintain your weight loss diet*.

What you need to know

Better Grain Choices

Low GI Benefit - eating a *variety of whole grains* lowers the GI of your diet.⁵

Choose High Fibre grain foods - they help to prevent weight gain!⁷ So enjoy a variety of whole grains and high fibre grain foods choosing low GI varieties where possible like pasta, low GI breakfast cereals, low GI rice and low GI breads i.e. sourdough and some whole grain varieties.

What is low Glycemic index (GI)? GI is a measure of the rate at which carbohydrate in foods are broken down into glucose (sugar) and released into the blood stream, where it can be used for energy. Carbohydrate foods with a low GI release glucose into the blood slowly, this has weight loss benefits by providing you with a steady supply of energy and keeping you fuller for longer.⁸

CHOOSING THE RIGHT GRAIN FOODS IN YOUR DIET IS *the key to healthy weight loss...*

The Whole grain Story

Whole grains are *Nutrition Powerhouses* containing more than 26 nutrients and phytonutrients which help to *nourish the body and maintain health* during your weight loss journey.³

TRUE GRAINS INCLUDE...



Pseudo grains are whole grains too. They are nutritionally similar to 'true grains' and are used in much the same way.

PSEUDO GRAINS INCLUDE...



WHOLE GRAINS BRING VARIETY TO YOUR DIET! ENJOY THEM WHOLE, CRACKED OR IN WHOLE GRAIN / WHOLEMEAL VARIETIES OF BREADS, BREAKFAST CEREALS, CRISPBREADS, RICE, PASTA, COUSCOUS AND NOODLES.

Why Whole Grains? BECAUSE THEY DELIVER... A Unique Nutrition Package

DID YOU KNOW: Whole grains match fruits and vegetables as antioxidant foods.⁴

A whole grain is essentially a seed and so contains all of the nutrients essential for the life of the plant. Whole grains are made up of 3 parts, together they deliver a package bursting with nutrients and phytonutrients.

1 BRAN for HEALTH AND VITALITY

Layered skin, dense in fibres and phytonutrients which protect the whole grain.

CONTAINS: Soluble Fibre, Insoluble Fibre & Resistant Starch / Proteins / Minerals - Magnesium, Zinc, Selenium, Iron, Copper / Vitamins - B Vitamins, Vitamin E / Antioxidants / Phytonutrients

2 ENDOSPERM for PERFORMANCE

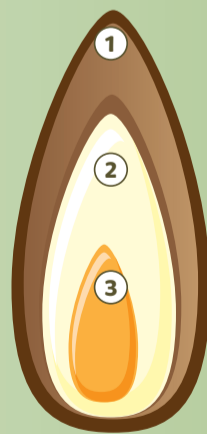
Provides essential energy and nutrients to the young plant.

CONTAINS: Carbohydrates / Soluble Fibre / Proteins / Vitamins - Thiamin (B1) & Vitamin E / Minerals - Selenium / Antioxidants

3 GERM for ESSENTIAL NOURISHMENT

This is the embryo which sprouts into a new plant.

CONTAINS: Soluble Fibre, Insoluble Fibre & Resistant Starch / Healthy oils / Proteins / Vitamins - B vitamins & vitamin E / Antioxidants / Phytonutrients



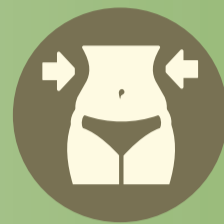
Did you know?

Eating more whole grains is linked with lower body fat.⁵

ARE YOU GETTING THE WHOLE GRAIN PACKAGE?

GET THE SHORT TERM RESULTS, IMPROVE YOUR HEALTH AND KEEP THE WEIGHT OFF IN THE LONG TERM WITH **4 SERVES** OF WHOLE GRAINS AND HIGH FIBRE GRAIN FOODS AS PART OF A BALANCED HIGHER PROTEIN WEIGHT LOSS DIET.

Did you know? Women who eat more whole grains and high fibre grain foods weigh less, have smaller waist circumferences and are more likely to keep the weight off in the long term.^{6,7}



Where do 4 serves fit in my weight loss diet?

ONE SERVE EQUALS



1 slice of whole grain bread or 1/2 a whole grain / wholemeal roll or 1/2 a flat bread (40g)



1/2 cup of cooked whole grain i.e. brown rice, rye, bulgur, millet, barley, oats, buckwheat or quinoa.



1/2 cup of cooked wholemeal pasta, noodles or whole grain couscous



1/2 cup of cooked porridge or 1/2 cup muesli



1/2 cup (30g) high fibre or whole grain breakfast cereal or 2 whole grain breakfast biscuits (30g)



3 whole grain or high fibre crispbreads (35g)



30g popcorn (plain)

PUTTING IT ALL TOGETHER

BREAKFAST

1/2 cup of cooked porridge using oats, skim milk, and a banana



LUNCH

Sandwich with **2 slices of whole grain bread**, a serve of fish/ham/chicken/roast beef, a slice of reduced fat cheese and plenty of salad filling i.e. lettuce, tomato, carrot, beetroot, cucumber etc. Plus a serve of fruit



SNACK

Small handful of nuts (30g)



SNACK

1/2 cup low fat yoghurt



DINNER

Chicken stir fry using 160g cooked chicken breast (or fibre boost option), plenty of vegetables with 1/2 cup cooked brown rice



Fibre Boost: include 1 cup of canned lentils (drained and rinsed) with 80g of cooked chicken.

Higher Protein

Energy Restricted

Balanced

4 serves whole grains and high fibre grain foods

Grains and Weight Loss: the Whole story

BROUGHT TO YOU BY
 Grains & Legumes Nutrition Council
Cultivating Good Health

THIS GRAPHIC HAS BEEN DEVELOPED BY THE GRAINS & LEGUMES NUTRITION COUNCIL TO AUSTRALIANS WITH INFORMATION ON GRAINS AND WEIGHT HEALTH. FOR INDIVIDUALISED NUTRITION AND DIETARY ADVICE SEE AN ACCREDITED PRACTISING DIETITIAN (APD). VISIT THE DAA

WEBSITE TO FIND A DIETITIAN NEAR YOU. WWW.DAA.ASN.AU MORE INFORMATION AND RESOURCES AVAILABLE FOR MORE INFORMATION ON THE BENEFITS OF GRAIN FOODS AS WELL AS A RANGE OF DOWNLOADABLE RESOURCES FOR CLIENTS CALL OUR INFORMATION LINE

ON 1300 472 467 OR VISIT THE GRAINS & LEGUMES NUTRITION COUNCIL WEBSITE: WWW.GLNC.ORG.AU. WHILE YOU ARE THERE SUBSCRIBE TO GLNC E-NEWS TO KEEP UP-TO-DATE WITH BI-MONTHLY UPDATES OF THE LATEST SCIENTIFIC RESEARCH FINDINGS ON GRAINS AND LEGUMES.