

NEW RESEARCH: FORGET CUTTING GRAINS FOR WEIGHT LOSS - FOCUS ON GRAIN QUALITY INSTEAD 16 May 2018



While low-carb and grain free diets are still trending, a new secondary analysis of research from the University of Wollongong (UoW) has found grain quality is key; with whole grain, high fibre foods being linked with lower weight, with the opposite true for refined grains.

Presented this week at the Dietitians Association of Australia's 35th National Conference in Sydney, a follow up study of a larger clinical trial of 377 adults investigated how participants' choice of grain foods impacted on body weight at baseline.

For every additional serve of whole grain, high fibre food (such as a slice of bread or half a cup of cooked brown rice) there was a 0.36 kg/m² lower Body Mass Index (BMI), as well as reduced body weight and waist circumference, while eating more refined, low fibre grain foods was linked with higher body weight.

Lead researcher Monika Lobejko says the results show increased whole grain foods may have benefits for body weight, but refined grain foods remain more popular in Australia, eaten at a ratio of 2:1 in this study.

"Rather than cutting grains, making simple swaps like whole grain bread and brown rice, instead of refined, white options can lead to big health wins" says Ms Lobejko, an Accredited Practising Dietitian.

The benefits of whole grain on weight may come down to their lower Glycaemic Index, and being higher in fibre, vitamins, minerals, and protective phytochemicals.

Chief Investigator Professor Eleanor Beck says this secondary analysis of HealthTrack adds to the body of evidence supporting whole grain foods.

"This is important research, and just another piece of the puzzle that shows healthy eating is all about choosing good quality whole foods."

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To arrange an interview with Monika Lobejko, a member of the GLNC team or to request images, please contact:

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Visit the [GLNC Website](#) for more recipes, factsheets and information on the nutrition and health benefits of whole grains.



Background:

For information on HealthTrack click [here](#).