

## WHOLE GRAIN WEEK – CHOOSE THE SIMPLE SWAP BACKED BY GLOBAL RESEARCH

14 June 2019

This Whole Grain Week (17-23 June), health professionals are challenging Australians to swap from refined, white grain foods to whole grains – a dietary change that recent research found even more critical than getting our daily fruit and veggie fix.



Run by the Grains & Legumes Nutrition Council (GLNC) for the second year, this Whole Grain Week's message focuses on swapping to whole grain foods like whole grain bread, breakfast cereals, crackers, rice, and pasta. GLNC's Nutrition Manager Felicity Curtain, says the theme is based on landmark research published in the Lancet earlier this year.

“Internationally, low intake of whole grains was found to be the *second greatest dietary risk factor* for mortality, (behind only high sodium), ahead of low fruit and vegetable intake. And while all core foods are key, swapping to whole grains is a change we can easily make, with big benefits for health”

Ms Curtain said most Australians eat core grain foods every day (like bread, breakfast cereals, pasta and rice), but only around 30% of these are whole grain, so most of us are falling short of their health benefits, which include up to three times the amount of dietary fibre, and 80% more minerals like iron and zinc.

“Eating whole grains also protects against weight gain, cardiovascular disease, type 2 diabetes, and bowel cancer – more great reasons to make the swap!”

GLNC are kicking off Whole Grain Week with a #WholeGrainChallenge via Instagram, with participants encouraged to swap three of their grain serves for whole grain foods to meet the 48g daily whole grain target. The challenge will be held alongside a Whole Grain feast, where TV presenter, cook, UNICEF ambassador and Masterchef winner Adam Liaw will demonstrate quick and easy whole grain recipes to an exclusive audience of healthcare professionals and influencers.

To enjoy the whole grain benefit – take the Whole Grain Challenge: swap refined grain choices for whole, and enjoy more variety. As well as easily accessible whole grain breads, breakfast cereals, crackers, brown rice and pasta, less familiar grains like buckwheat, quinoa, freekeh, and teff are now all available in your local supermarket. Just look for the whole grain in the ingredients list!

Head on over to [Instagram](#) to take the Whole Grain Challenge and check out GLNC's [searchable whole grain database here](#) to see how your favourite whole grain foods stack up, or simply scan the QR code below.



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**ENDS**

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

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#### **Background: GLNC and Whole Grain Week**

GLNC is a non-profit health promotion charity and the independent authority on the health benefits of grains and legume foods. The second annual Whole Grain Week is run with the objective of raising awareness of whole grains; the health benefits of swapping and encouraging variety. To spread the word, GLNC are holding a Whole Grain Feast next Thursday 20 June, with a whole grain cooking demonstration from Adam Liaw, celebrated cook, author, TV presenter, and Masterchef winner. Visit the [GLNC Website](#) for recipes, factsheets and information on the nutrition and health benefits of whole grains, and keep an eye on GLNCs social media channels for updates throughout the week. Plus, you can get involved with the [#wholegrainchallenge](#) this Whole Grain Week.

1. GBD 2017 Risk Factor Collaborators. Global, regional, and national comparative risk assessment of 84 behavioural, environmental and occupational, and metabolic risks or clusters of risks for 195 countries and territories, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *Lancet* 2018; 392: 1923–94.

