

Grain Health Benefits



Wheat

- Wheat based foods provide more fibre in Australian children's diet than any other food including fruit and vegetables
- Higher intakes of whole grain wheat were associated with lower all cause mortality when compared to lower intakes
- Phytosterols found in wheat bran help to lower blood cholesterol and has anti-inflammatory effects
- Fibre from wheat bran can enhance good bacteria development in the gut which help in defending against diseases

Amaranth

- Amaranth contains vitamin E and vitamin A which are powerful antioxidants and can help to lower inflammation in the body
- Amaranth is a naturally gluten free whole grain and is suitable for those with coeliac disease
- Amaranth seeds aid in the regulation of high blood sugar levels and which may help in the prevention of diabetic complications

Barley

- Barley is rich in phytochemicals and beta-glucan which are involved in the prevention of chronic diseases like type 2 diabetes and heart disease, by lowering LDL cholesterol levels and improving insulin sensitivity
- Barley benefits gut health
- Contains anthocyanins, which act as natural antioxidants and may lower inflammation
- Regular consumption of barley reduces risk of blood pressure

Buckwheat

- Buckwheat is higher in lysine, an essential amino acid, compared to other cereals
- It is rich in antioxidants which may help to lower inflammation, blood pressure and risk of heart disease
- Buckwheat is low GI
- Buckwheat is higher in protein compared to wheat, barley, rye and oats
- Buckwheat is high in minerals especially calcium, magnesium, potassium, phosphorous, iron, manganese, selenium, copper and zinc
- Buckwheat contains more vitamin E than oats

Millet

- Naturally gluten free, alongside quinoa, amaranth, buckwheat, rice and corn
- Rich in vitamin B, iron, calcium, potassium, zinc and magnesium
- Low GI for long lasting energy
- Helps in the management diabetes by regulating blood sugar levels and improving insulin resistance
- Rich in protein and dietary fibre for good gut health
- Contains phytochemicals like lignans, flavonoids, phenolics, and phytate which fight against inflammation, lower blood pressure and cholesterol

Grain Health Benefits



Maize

- Contains vitamin B*complex, vitamin A, C, E and selenium which are important for supporting the immune system
- Maize has the second highest concentration of anthocyanins compared to other grains
- Rich in potassium
- Contains dietary fibre, especially resistant starch which aids in supporting healthy gut microbiome, controlling weight, appetite and regulating blood sugar levels
- Contains vitamin A which gives maize its yellow colour and acts as an antioxidant

Rolled oats

- Oats are high in beta*glucan which has been shown to reduce blood cholesterol
- Oats contain phenolic compounds and saponins, which may protect the body against a range of diseases such as cancer, stroke, and heart disease
- Avenanthramides is a unique phytochemical found in oats that helps the body fight against inflammation
- Oats regulates blood sugar levels after eating a meal
- Oats can aid in weight loss by delaying gastric emptying thus inhibiting food intake

Rye

- Rye lowers blood cholesterol, and may protect against heart disease
- Rye helps to avoid constipation by improving digestive function

Sorghum:

- Sorghum contains more antioxidant levels than other grains like wheat, barley, millet, and rye
- Whole grain sorghum is higher in dietary fibre compared to whole wheat grain

Brown rice:

- Brown rice has been shown to decrease LDL cholesterol and total cholesterol levels, and increases HDL cholesterol level
- Brown rice helps to aid in weight loss, compared to white rice
- Brown rice is rich in phenolic acids, which is found in the germ and bran layer. It has a range of health benefits to the human body such as lowering inflammation
- Brown rice contains vitamin E, which is an antioxidant

Quinoa:

- Quinoa has a higher dietary fibre content compared to rice and corn
- Quinoa contains more vitamin E than corn, amaranth, buckwheat and wheat
- Quinoa contains more calcium, magnesium, iron, copper, and zinc than wheat, barley, oats, rye, triticale, and rice
- 100 g of quinoa has enough vitamin B6 and folate to meet an adults daily needs
- Quinoa contains phenolic compounds and flavonoids which have a strong antioxidant effect
- The protein content in quinoa is complete which means that it contains all essential amino acids. The protein in quinoa is highly digestible, close to beef and greater than other cereals like rice, wheat and corn

Khorasan:

- KAMUT® is a registered trademark to market the ancient khorasan wheat
- A KAMUT® khorasan wheat*based diet improves blood lipid levels in people suffering from heart disease by lowering total cholesterol and blood LDL levels, compared to a modern wheat based diet
- It is effective in preventing type 2 diabetes by lowering blood sugar and insulin levels

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