



Wholegrain Breads and Cereals

Wholegrain breads and cereals are promoted as being superior for health compared to the refined (white) varieties. Why?

Wholegrain breads and cereals provide carbohydrates, protein, dietary fibre and a range of vitamins and minerals, including folate, thiamin, riboflavin, niacin, vitamin E and iron. When included as part of a healthy, well balanced diet they may reduce the risk of developing heart disease, type-2 diabetes, some cancers, and may assist with weight management.

In order to create refined varieties of breads and cereals, they start with wholegrains and from there the outer layers of the grains (bran and germ layers) are stripped away leaving only the inner portion of the grain (endosperm). Unfortunately, it's the outer layers that contain the majority of the dietary fibre, vitamins and minerals, which are then lost as part of the refining process reducing the nutritional value of the final product. The refined varieties also tend to have a higher GI compared to wholegrain varieties.

So, when you're out grocery shopping make sure you're looking for those wholegrain breads and cereals.

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