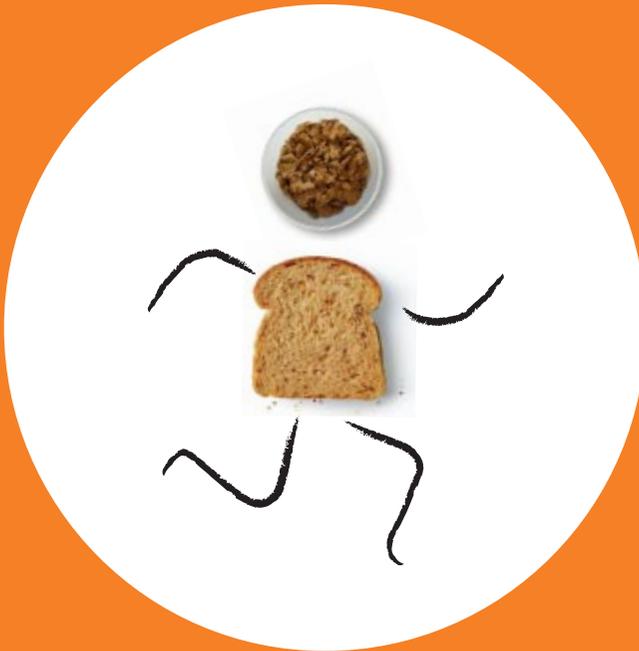


Wholegrains



Hearty Wholegrain Goodness

With all the choice available these days it can be easy to forget just how good regular foods can be. Take wholegrain breads for example. They contain carbohydrates, fibre, iron and B vitamins. So while they may look a bit rough and ready, they're real 'superfoods' that can keep you going for longer and take care of your digestive system.

Foods For Steady Energy

Wholegrain bread belongs to a family of foods that includes potatoes, pasta, rice, wholegrain breakfast cereals and other cereals. These are the foods that release energy slowly into the body throughout the day and keep us going between meals. Many people don't eat enough wholegrain foods, which means their fibre intake is too low. So why not switch to wholegrains – it's a small change that will bring big benefits.

Superstar Qualities

For a while, people were avoiding these 'superfoods' to try to lose weight on 'low carb' diets. That was a bad idea for lots of reasons. Mostly, because your energy level would be really low if you cut these foods out, but also because you could miss out on important vitamins, minerals, like iron and calcium, and fibre. All good reasons to keep eating plenty of wholegrain 'superfoods'.

Base each meal on a starchy food

Where you can, choose the brown varieties over the white.

For example:

Breakfast

- Choose a wholegrain breakfast cereal or mix it with your favourite cereal.
- Have some brown soda bread topped with jam or banana.

Lunch

- Swap white bread for brown, granary or wholemeal.
- Brown rice makes a tasty salad mixed with your favourite chopped vegetables, fruit and nuts.

Dinner

- Choose wholegrain pasta with your Bolognese or pesto sauce.
- Try brown rice instead of white with your curry.

Snacks

If you like baking, try using half wholegrain and half white flour for cakes and biscuits.

And finally...

Remember to drink plenty of fluids (1.2 litres per day) to help the fibre do its job.

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