



What are whole grains?

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What Are Whole Grains?

Whole grain kernels have three parts:

- **Bran:** This is the hard, outer shell. It contains fibre, minerals and antioxidants.
- **Endosperm:** The middle layer of the grain is mostly made up of carbs.
- **Germ:** This inner layer has vitamins, minerals, protein and plant compounds.

Grains can be rolled, crushed or cracked, but if these three parts are still present in their original proportion, they're considered whole grains.

Refined grains such as white rice, have had the germ and bran removed, leaving only the endosperm.

When buying wholegrains look for the word whole. Either whole grain or whole wheat. Also make sure the grain is one of the first three ingredients listed on the label. Whole grains are high in nutrients and fibre. They can lower your risk of heart disease, stroke, obesity Type 2 Diabetes and cancer.

Whole grains deliver many important nutrients. Here are some of the key nutrients found in whole grains:

- **Fibre:** The bran provides most of the fibre in whole grains.
- **Vitamins:** Whole grains are particularly high in B vitamins, including niacin, thiamin and folate.
- **Minerals:** They also contain a good amount of minerals, such as zinc, iron, magnesium and manganese.
- **Protein:** Whole grains provide several grams of protein per serving.
- **Antioxidants:** Several compounds in whole grains act as antioxidants.
- **Plant compounds:** Whole grains deliver many types of plant compounds that play a role in preventing disease.



Recipe of the month

Evie's Eats

Coconut & Cocoa Balls (Vegan)

Ingredients:

- 1 cup rolled oats (use gluten free if sensitive to gluten)
- 1 medium banana
- 1 tsp. unsweetened cocoa powder
- 1tsp. vanilla
- 1 - 2 tbsps. honey
- 1/2 cup shredded coconut on a plate to coat the cocoa balls

Method:

1. Combine all ingredients in a bowl and mix thoroughly until combined and banana is completely mashed up. (I used my hands)
2. Using a teaspoon, scoop mixture and roll into a ball.
3. Place cocoa balls on a plate with shredded coconut and continue until all cocoa balls are made.
4. Refrigerate for at least an hour before serving and enjoy!

Suggestions: You can add peanut butter in mixture. You can also coat with cranberries or cocoa instead of coconut.



Quote of the month

A goal without a plan is just a wish!



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Take control your life, be happy! – rock on!

Till next month... *Evie*