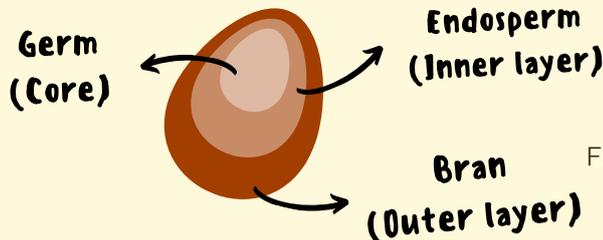


WN SC HK HEALTHY EATING TIPS CARD ALL ABOUT WHOLE GRAINS

GRAIN ANATOMY

In their natural, unrefined form, each part of the whole grain offers numerous valuable nutrients!¹

Healthy fats, vitamin E,
B vitamins, antioxidants and
phytochemicals



Carbohydrates, protein
and some amounts of
B vitamins and minerals

Fiber, B vitamins, iron, copper, zinc,
magnesium, antioxidants and
phytochemicals

COMMON TYPES OF WHOLE GRAINS²

BARLEY

- High in soluble fiber, especially beta-glucan that may improve cholesterol levels³

BROWN RICE

- High in vitamins B1 and B6, magnesium, phosphorus and manganese
- Contains selenium (depending on soil content)
- Gluten free

BUCKWHEAT (SOBA)

- High in protein, soluble fiber and polyunsaturated fatty acids (e.g. linoleic acid)
- Higher levels and bioavailability of zinc, copper and manganese as to other grains
- Gluten free

MILLET

- High in potassium, low in sodium and fat
- Contains iron, zinc, magnesium, phosphorus and selenium (depending on soil content)
- Gluten free

OAT

- Highest fat content of all grains (7-8%), mostly unsaturated
- High in beta-glucan that may improve cholesterol levels³
- Contains avenanthramides, a unique phytochemical associated with potential anti-oxidation and anti-inflammatory effects⁴⁻⁵

QUINOA

- Contains all essential amino acids for the human body
- High in manganese, magnesium, iron, copper, phosphorus and potassium
- Gluten free

COOKING INSTRUCTIONS⁶⁻⁷

1 cup liquid = 8 fluid ounces or 240 ml

Whole grain (1 cup each)	Amount of liquid needed	Simmer for	Amount of final product	Glycemic Index (GI)
Barley (hulled)	3 cups	45 – 60 mins	3 ½ cups	Low
Brown rice	2 ½ cups	25 – 45 mins	3 cups	Medium
Buckwheat	2 cups	20 mins	4 cups	Low
Millet (hulled)	2 ½ cups	25 – 35 mins	4 cups	High
Oats (steel-cut)	4 cups	30 mins	3 cups	Low
Quinoa	2 cups	12 – 15 mins	3 cups	Low

WHAT IS
GLYCEMIC INDEX?
Learn more at:



References: 1. Harvard T.H. Chan School of Public Health. Whole Grains: The Nutrition Source. Available at <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/whole-grains/>. Accessed on 06Jan2020. 2. Grains & Legume Nutrition Council. Types of Grains. Available at <https://www.glnc.org.au/grains-2/types-of-grains/>. Accessed on 30Jan2020. 3. Tiwari U et al. Nutrition. 2011;27(10):1008-16. 4. Chen C et al. J Nutr. 2007;137:1375-1382. 5. Koenig R et al. Nutr J. 2014;13:21. 6. The Whole Grains Council. Cooking Whole Grains. Available at: <https://wholegrainscouncil.org/recipes/cooking-whole-grains>. Accessed on 05Feb2020. 7. Vancouver Coastal Health. Glycemic Index and Diabetes. Available at: <https://vch.eduhealth.ca/PDFs/FL/FL.860.G525.pdf>. Accessed on 05Feb2020.

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