

## Are whole grains always best?

“Whole grains are always better than refined grains.”

As nutrition maxims go, this one seems pretty rock solid. Most everyone agrees with it, no matter what their nutrition camp. (This is true even if said camp is anti-grain.)

But is it really a universal food truth—one that applies to everyone, all the time?

No.

That might be an unpopular take.

After all, whole grains are closer to a whole food than the refined kind.

Unlike refined grains, they preserve the nutrition-packed bran and germ—which contain phytonutrients, antioxidants, vitamins, minerals, and fiber.

And that provides a host of benefits, as you can see in the chart below.

### Whole grains...

- ☑ Are rich in fiber, vitamins, minerals, and phytonutrients
- ☑ May reduce risk for diabetes, cancer, and heart disease
- ☑ Protect against inflammation
- ☑ Are satisfying
- ☑ Improve digestion and overall gut health

### Make no mistake:

You shouldn't necessarily eschew your sprouted grain bread for Wonder.

Nor is this a suggestion that refined grains are just as nutritious as whole grains.

HOWEVER: While whole grains are usually a better choice than refined grains, it's not as straightforward as many people think.

It all depends on who's doing the eating—and their goals, preferences, and health status.

There's a flip side, though: For certain folks, under certain conditions, refined grains can actually offer advantages over whole grains.

### That's because refined grains...

- ☑ May be fortified with vitamins, fiber, and protein
- ☑ Are easier to digest

- Can be easier or quicker to prepare
- Are more palatable for some people
- Maybe an important part of food culture, such as pasta in Italy, baguettes in France, or white rice in Japan

## Quick Takeaways

- If you want to lose fat, consume whole grains most of the time. They'll help you feel full longer.
- If you're trying to pack on muscle, allow for some refined grains, especially if you're struggling to eat enough.
- If you're recovering from a stomach bug, use refined white rice or toast to settle your stomach.
- If you have GI issues, such as IBS, research shows whole grains are generally well-tolerated, except during flare-ups (when refined grains may be less aggravating).
- If your diet is mostly (80-90 percent) whole food, there's probably room for refined grains if you enjoy them.

### GET EVEN HEALTHIER!

Want to learn how to make positive choices in your own life? Want support in creating your healthiest, happiest life ever? Let's talk! Schedule a complimentary health coaching consultation with me today—or pass this offer on to someone you care about!

### ABOUT ME

I received my training from the Institute for Integrative Nutrition and Precision Nutrition where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized "roadmap to health" that suits your unique body, lifestyle, preferences, and goals.

Learn more about Compass Health and Wellness and my unique approach to health coaching by reaching out to me at:

Phone: (810) 569-8184

Joshua@compasshealthwellness.com