

# healthy wholegrains

Healthy wholegrains have been a part of our civilisation for many years and are a brilliant addition to your diet. Wholegrains still have their whole shell intact, meaning they have not been processed in anyway. Each grain still consists of the bran, endosperm and germ which ensures you are getting maximum nutrition. Refined wheat grains (including most deceiving products labelled “wholegrain”) have had all of their wonderful nutrients stripped away including the bran and germ. This leaves behind a nutrient deficient, starchy food with very little fibre, making it hard to digest and causing inflammation in the body and eventually a permeable gut.

However eating the “right type” of wholegrains can be extremely beneficial for good health. It can;

- Stabilise your blood sugar levels, leaving you fuller for longer
- Load you with fibre for a healthy digestive system
- Provide you with Iron, VIT E, VIT B
- Heal your gut
- Control mood swings
- Give you high quality, long lasting energy

**WHEN I SAY THE “RIGHT” TYPE OF WHOLEGRAIN I MEAN A GLUTEN FREE / WHEAT FREE OPTION SUCH AS THOSE BELOW, WHICH CAN ALSO BE CLASSIFIED AS A SEED;**

- **Quinoa:** Quinoa has the highest nutritional profile of all the grains. It has a high amount of protein, containing all 8 amino acids and is classified as a high energy grain which is ideal for endurance. It is also good for your heart and lung health.
- **Buckwheat:** Buckwheat strengthens the intestines and helps draw out excess fluid from the body. It is high in protein, reduces body fat and cholesterol.
- **Millet:** Millet can act as a prebiotic to feed important bacteria in your digestive system. It has serotonin which can help with your mood and also contains high amounts of magnesium, phosphorus, tryptophan, calcium and Vitamin B.
- **Amaranth:** Amaranth was classified as a sacred grain to ancient civilisations. It is a complete protein, contains calcium, a high amount of Vitamin C and magnesium. It too is easily digestible and by far a nutrient powerhouse!
- **Brown Rice:** Brown rice contains the highest amount of Vitamin B of all the grains and is loaded with essential fatty acids.

I have included the use of quinoa and brown rice in your meal program, although I would also advise to experiment with the other wholegrains as a substitute to see how you like them but more importantly....see how you feel!