

Total Nutrition

Listen To Your Heart

by Mindy Hermann, R.D.

(NAPSA)—It's time to have a heart-to-heart talk about how to take better care of our own hearts. I'm borrowing David Letterman's famous inverted Top 10 list to give you a variety of tips and reasons to enjoy whole grains:



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10. Switch to whole wheat

tortillas. People who eat whole grain foods regularly have a 20 to 40 percent lower heart disease risk when compared to those who rarely eat whole grain foods.

9. Fill your tortilla with fat-free refried beans. Legumes, including pinto beans (the refried beans bean), soybeans, kidney beans and their relatives, are tied to heart health.

8. Top your favorite casserole with crushed Whole Grain Total®. Not only is the entire Total® family made with whole grain, but the cereals also all have calcium to support a strong body and antioxidant vitamin E to support a healthy mind.

7. Switch from white to brown rice. It's as easy as asking for brown instead of white when you order your favorite Chinese food. Making rice at home? Allow about twice the cooking time for brown, or pick up quick-cooking varieties.

6. Get poppin'. Popcorn is one of America's favorite whole grains. Remember to watch the fat since movie theater popcorn and some commercial brands can be greasy.

5. Enjoy a whole bowl. Eating a bowl of whole grain cereal, such as Total® Cranberry Crunch, takes just minutes and is better at lowering heart disease risk than eating refined grains.

4. Try white. White whole wheat flour, that is. Milled from a whole wheat kernel that is lighter in color, white whole wheat flour has all the benefits of standard whole wheat flour.

3. Start with just one. While the Dietary Guidelines suggest a minimum of three daily servings (for a total of at least 48 grams) of food from whole grains, research shows that just one serving a day reduces risk of heart disease. Once you're getting one, move it up to two and then at least three.

2. Be bold. Try different types of whole grains, such as quinoa, amaranth and blends of different rices and grains. If your supermarket supply is limited, try a natural foods or specialty store.

1. Find the foods you like. With the growing number of whole grain choices in the supermarket aisles, you're bound to find several that you like. Keep up the good work. "Several studies show marked reduction in cholesterol and triglycerides when whole grains, as opposed to refined grains, are part of your diet," says David W. Grotto, R.D., author of "101 Foods That Could Save Your Life!"

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