

Total Nutrition

Whole Grains—A Tool For Helping The Heart

(NAPSA)—Since I have a strong family history of heart disease, I am always looking for ways to minimize my risk. Now, I have yet another way to be kind to my heart—eat more whole grains.

Experts agree. The evidence is compelling that diets rich in whole



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grain foods may help protect against several forms of cancer and heart disease. Similar to fruits and vegetables, whole grains contain a package of naturally occurring antioxidants, plant-nutrients, vitamins, minerals, and fiber, making them a key component of a healthy diet. Keep in mind that it is the whole package of the whole grain affording these benefits, not just a single component such as fiber. So, the greatest health benefit comes from eating foods made from the whole grain—whole-wheat bread, brown rice, whole wheat pasta, and breakfast cereals made with whole grain like Whole Grain Total.

The USDA 2005 Dietary Guidelines and new food pyramid, called MyPyramid, recommend eating at least three servings of whole grains each day for good health. In general, at least half your grain servings should be whole grain every day. Feeling confused about what foods are really whole grain? A good way to identify whole grain

Crunch Cake

- $\frac{3}{4}$ cup coarsely crushed Whole Grain Total cereal (about $1\frac{1}{2}$ cups uncrushed)
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 box white angel food cake mix
- Assorted fresh fruit

Heat oven to 350 degree F. Mix crushed cereal and cinnamon. Make cake as directed on box—except gently stir cereal mixture into batter. Pour into ungreased 12-cup bundt cake pan or angel food (tube) pan, 10x4 inches. Bake and cool as directed. Serve with fresh fruit. Makes 12 servings.

is to look for products with a “Good Source”, “Excellent Source” or “100%” whole grain symbol on the front of the package.

Eating three whole-grain servings a day takes just a small amount of planning. It is easy to start your day with a serving of a ready-to-eat breakfast cereal made with whole grain. How about adding one or two servings of whole-grains with a whole wheat tortilla, pita or roll at lunch? At dinner, enjoy whole wheat pasta or a gourmet brown rice like jasmine or basmati. Cap it off with a delicious low-fat dessert, Crunch Cake.

While I know I can't change my family history, I feel great knowing that something I do have control over—adding whole-grain foods to my diet—may help me reduce my risk for heart disease.