



Training Guide

Whole grains



What are whole grains?

Grains are seeds, also known as 'kernals'. Think of a grain of rice or a grain of corn, barley or wheat. Sometimes we eat them on their own (wild rice) sometimes mixed into breakfast cereals and bread. For something to be labelled 'whole-grain' the entire grain needs to be present in its original form

What is the role of whole grains?

Whole grains give us energy. But they're also a source of other vital nutrients like iron, magnesium, vitamins and fibre. Fibre's the part we can't digest and it's important because it helps our bowel to function well, can help lower cholesterol and reduce the risk of cardio-vascular diseases. Low-fibre diets, on the other hand, can lead to constipation and other gastric diseases.

Sources and relative amounts

Aside from whole grains such as wheat, rice, quinoa, oats, corn, rye and barley, we can get our fibre from a variety of sources. Fruit and vegetables contain fibre, as do beans, peas and lentils. A healthy, balanced diet includes 30-40 grams of fibre a day.

Food	Unit	Weight per unit (g)	Amount of dietary fibre (g)
Whole-grain bread roll	piece	50	3.8
Whole-grain bread	slice	35	2.3
Bread wheat	slice	35	1.8
Croissant	piece	40	0.9
Cornflakes	bowl	30	0.9
All bran	bowl	40	10.8
Linseed	tablespoon	5	1.7
Pasta, whole-grain cooked	Serving spoon	50	2.1
Rice, cooked	Serving spoon	55	0.4
Nuts	Tablespoon	20	1.2
Popcorn	bag	25	1.2
Vegetables, cooked	Serving spoon	50	1.4
Vegetables/salad, raw	bowl	35	0.6
Figs, dried	3 pieces	60	5.9



What's so special about whole grains?

Refined grains usually have the really nutritious parts of the grain removed – particularly the husk or bran, which is where the fibre is. That's why whole-grain bread and wild rice are better for us than white bread and white rice.

What's our solution?

At UFS, we realise that a lot of people prefer the taste of white bread or buns when it comes to their lunchtime sandwich. We're encouraging chefs to make small changes to favourite dishes, e.g. replace white bread with a whole grain option.