


# Health is a treasure



## Whole Grains

by Beverly Wakefield, MPH, RD

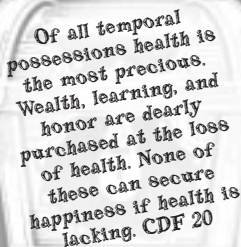
Consider Jesus statement: "I am the bread of Life." A Whole Kernel of Wheat including the outside layer of fiber is very important to our health. Jesus instilled life-giving properties into the grain. Eating foods with fiber or whole grain nutrition is only one out of many ways God designed for our body to stay in health. Cancer of the colon has been identified as one leading cause of death, which could be prevented by eating foods with fiber in them. Not everyone who gets cancer has been avoiding fiber in the diet, but there has been a sad lack of whole grain nutrition in the United States, while eating refined foods.



Whole grains, and other foods like: legumes, nuts, vegetables and fruit, contain different kinds of fiber which prevent various kinds of disease, as well as something called phytochemicals (plant-chemicals). Some of these chemicals are powerful to reverse or stop tumor growth. A grain loses the phytochemicals when the fiber is removed. Fiber has been seen as that outside layer on the kernel of wheat which is

often discarded to make white breads. Early reports about fiber suggested it's value in disease prevention. Even heart disease studies have pin pointed a fiber in oats to be beneficial. These rare treasures are for us to enjoy good health!

Consider the benefits of whole grain nutrition today: Weight control, prevention of heart disease, cancer, and diabetes, gastrointestinal (bowel) health, etc. Treasure!



Of all temporal possessions health is the most precious. Wealth, learning, and honor are dearly purchased at the loss of health. None of these can secure happiness if health is lacking. CDF 20



**Health is a  
treasure**

We now know that eating whole grains will be helpful in preventing many diseases. I hope you will wisely choose the whole grain foods to eat today. "Let us remember that there is practical religion in a loaf of good bread." CDF 251. This is how I became a Seventh-day Adventist Christian, when a neighbor brought our family a loaf of whole wheat bread to try. Yum! Taste and see that the Lord is Good! I am extremely thankful for our Adventist Health Message. Now to practice it!

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## Ways to include fiber and whole grains in your diet:

***Build a healthy base by making a variety of grain products a foundation of your diet.***

***Ask for a whole wheat burrito shell when ordering a burrito.***

***Buy breads with whole wheat flour as the first ingredient. Many breads appear to be whole wheat, but are not. Refined wheat flour is often the first ingredient, or caramel coloring is added to some breads to give the brown appearance of whole wheat bread. Read the label.***

***Use brown rice instead of white when cooking.***

***Add barley to soups or stews.***

***Give oatmeal another try. Add flavor with raisins and other delicious fruit.***

***Try bulgar (cracked wheat) in a tabouli salad.***

***There are many vegetarian cookbooks available today, which include whole grain recipes.***

*Adapted from Dietary Guidelines for Americans, 2000*

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