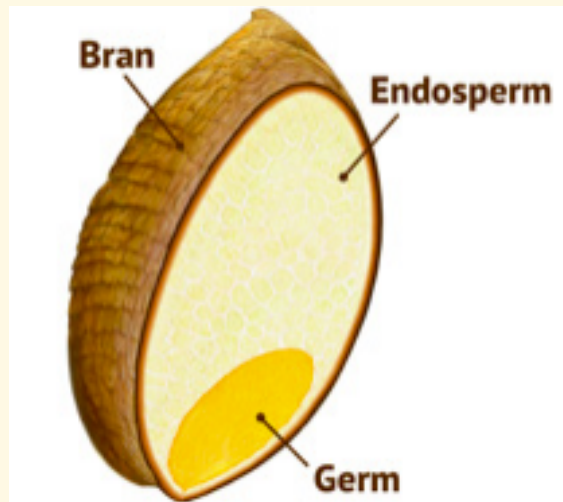


WHOLE GRAINS: NUTRITION BENEFITS FOR SENIOR

WHAT IS WHOLE GRAIN?



Whole grain is when a grain contains 3 parts of the original kernel: Bran, Endosperm, Germ.

Bran: The hard outer layer of a kernel that rich in fiber.

Endosperm: The starchy part that provides energy with little fiber, protein and vitamins.

Germ: Contains healthy fats, vitamins and minerals for sprout to grow into a new plant.



WHOLE GRAINS

Whole grains have all 3 parts of the grain. It is the most nutritious choice. Examples of whole grain foods include oatmeal, whole grain breads, brown or wild rice, whole grain flour.

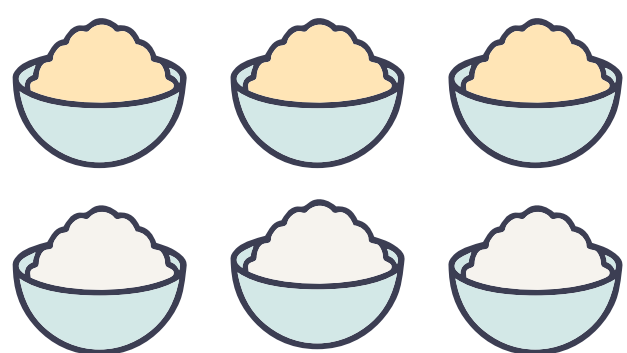


REFINED GRAINS

Refined grains only have endosperm. Grains are processed to remove bran and germ to produce a finer texture and longer storage shelf life. However, this process also removes most of the fibers, iron and vitamins B from the grains. Examples of refined grain foods include white bread, cakes, crackers, pastries, white rice.

HOW MANY SERVINGS OF WHOLE GRAIN PER DAY?

Make **at least half** of the grains serving as whole grain in your meals.



For example, if you going to have 6 servings of grains per day, make at least 3 of them as whole grains.



ENRICHED & FORTIFIED GRAINS

Enriched grains are when the refined grains product has iron and some vitamins B added back. However, fiber is not added back.

Fortified grains are when food get extra nutrients added that are not naturally there. For example, some of the breads and breakfast cereals are fortified with iron and folic acid.

HEALTH BENEFITS OF EATING WHOLE GRAIN FOODS:

Whole grains has high fiber and rich in vitamins and minerals that are important for your overall health, which include:

- Increase HDL "good" cholesterol
- Increase feeling of fullness to help with weight control
- Improve metabolism
- Improve gut health and microbiome
- Improve bowel movement
- Reduce inflammation
- Lower LDL "bad" cholesterol
- Lower blood pressure
- Lower the risk of heart diseases, stroke, type 2 diabetes, colorectal cancer
- Slow down aging decline in cognitive and respiratory, and risk of developing chronic diseases

WHOLE GRAINS: NUTRITION BENEFITS FOR SENIOR

TIPS TO SHOP FOR WHOLE GRAINS

Read the Food's Ingredient Label to Help You Choose Whole Grain:

- Always **read the food's ingredient list** to find out if its **first three ingredients to contain whole grain, enriched grain, bran or germ**.
- For breads or breakfast cereals, look for the first ingredient as whole grain, as well as fortified with folic acid.
- Wheat by products or derivatives (i.e. dextrin, wheat gluten, corn starch etc.) are not consider as whole grain.
- Look for words or labels of "**enriched**" or "**fortified**" if you buy refined grains food.
- If you like white bread, you can consider trying a **whole-grain white bread** (which made from a type of wheat flour that has lighter color, finer texture, and milder taste than regular whole-wheat flour).

Look for the Stamp:

This stamp help you to identify the amount of whole grain are in one serving of the product.



TIPS TO ADD WHOLE GRAINS INTO YOUR MEALS

BREAKFAST



- Try **oatmeal** with fresh fruits and nuts.
- Choose **whole grain bread or toast** with your favorite protein breakfast items.
- Add **whole grain cereals** to yogurt, milk or soy milk.
- Choose pastry made from **whole wheat flour**.

LUNCH & DINNER



- Choose **whole grain version of rice or whole grain pasta** in stir-fries, casseroles or with the entrée.
- Try **whole grain pita, tortilla, bread or bun** for your wrap, sandwiches or burger.
- Add **whole grains (i.e. barley or bulgur)** to soups and stews.

SNACK



- Choose **whole grain or whole wheat crackers** with your favorite toppings.
- Try **whole grain granola bar, popcorn or whole/multi-grain chips**.

In summary, always try to choose:

- Whole wheat breads instead of white breads
- Brown or wild rice instead of white rice
- Whole gain pasta instead of pasta
- Or mix 50/50 of whole grain and refined grain products in your meals to help meet whole grain intake needed per day

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1. California Department of Aging. *Older Californians Nutrition Program Menu Guidance*. 2020-2025. <https://aging.ca.gov/download.ashx?IE0rcNUV0zZ%2fmnswDwFAig%3d%3d>
2. Oldways Whole Grains Council. *Whole Grain Tips for Seniors*. Wholegrainscouncil.org. <https://wholegrainscouncil.org/sites/default/files/atoms/files/whole-grains-tips-for-seniors.pdf>
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全穀物：對老年人的營養益處

什麼是全穀物？



全穀物是指穀物含有原始穀粒的 3 個部分：
麩皮 (Bran)，
胚乳(Endosperm)，
胚芽 (Germ)。

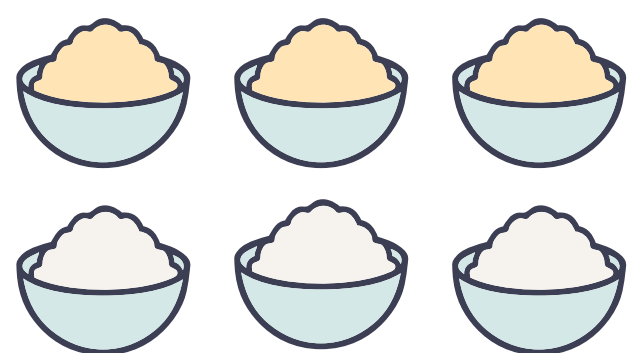
麩皮 (Bran)： 穀粒的堅硬外層，含高纖維。

胚乳 (Endosperm)： 穀粒的澱粉部分，主要提供能量；但纖維、蛋白質和維生素很少。

胚芽 (Germ)： 這含有健康的脂肪、維生素和礦物質，供芽生長成新植物。

每天吃多少份全麥穀物？

確保每頓飯中**至少有一半**的穀物是全穀物。



例如，如果您每天吃 6 份穀物，則至少將其中 3 份選擇為全穀物。



全穀類

全穀物含有穀物的全部 - 3 個部分(麩皮, 胚乳, 胚芽)。全穀物是最有營養的選擇。全麥食品的例子有燕麥片、全麥麵包、糙米或菰米、全麥麵粉等。



精製穀物

精製穀物是當穀物經過加工, 磨碎(磨成面粉或粗面), 除去麩皮和胚芽, 最後只剩胚乳。這讓它們口感更好, 延長保質期。同時這也除去穀物的纖維、鐵和維生素 B。精製穀物食品的例子有白麵包、蛋糕、餅乾、糕點、白米等。



营养和強化穀物

营养穀物是指在精製穀物產品中重新添加了鐵和一些維生素 B。然而，纖維不會被添加回來。

強化穀物是指食物中添加了天然不存在的額外營養成分。例如，許多麵包和早餐麥片都含有強化葉酸和鐵。

吃全麥食品的健康益處：

全穀物含有高纖維以及豐富的維生素和礦物質，這對您的整體健康很重要，其中包括：

- 增加高密度脂蛋白(好膽固醇)
- 增加飽腹感，有助於控制體重
- 改善新陳代謝
- 改善腸道健康
- 改善排便
- 降低低密度脂蛋白(壞膽固醇)
- 降低血壓
- 降低患上心臟病、中風、2型糖尿病、結直腸癌的風險
- 減緩認知能力衰退、呼吸系統問題和慢性疾病
- 減少炎症

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2. Oldways 全穀物委員會。老年人全麥小貼士。全麥理事會.org。 <https://wholegrainscouncil.org/sites/default/files/atoms/files/whole-grains-tips-for-seniors.pdf>
3. 梅奧診所。全穀物：健康飲食的豐盛選擇。 2022 年 12 月。 <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/whole-grains/art-20047826>

全穀物：對老年人的營養益處

如何購買全穀物

閱讀食品成分標籤以幫助您選擇全穀物：

- 請務必閱讀食品的成分錶，了解其前三種成分是否含有全穀物、营养或強化穀物、麸皮、胚芽。
- 對於麵包或早餐麥片，尋找第一種成分是全穀物，並且含有強化葉酸。
- 小麥副產品或衍生物（即糊精、小麥麵筋、玉米澱粉等）不被視為全穀物。
- 如果您購買精製穀物食品，請注意“添加营养”或“強化”的字樣或標籤。
- 如果您喜歡白麵包，可以考慮嘗試**全麥白麵包**（由一種比普通全麥麵粉的顏色更淺、口感更細膩、味道更溫和的小麥粉製成）。

尋找郵票：

此郵票印記可幫助您識別一份產品中全穀物的含量。



如何在膳食中添加全穀物

早餐



- 嘗試**燕麥片**搭配新鮮水果和堅果。
- 選擇**全麥麵包或吐司**搭配您最喜歡的蛋白質早餐食品。
- 嘗試**全麥穀物**配酸奶、牛奶或豆奶。
- 選擇由**全麥麵粉**製成的糕點。

午餐 & 晚餐



- 選擇**全麥米飯或全麥意大利面**來炒飯、煮意大利菜或搭配主菜。
- 嘗試用**全麥皮塔餅、全麥玉米餅、全麥麵包或小圓麵包**來製作捲餅、三明治或漢堡。
- 選擇**全穀物**（即大麥或乾小麥）添加到湯飯或燉菜中。

零食小吃



- 選擇**全麥或全麥餅乾**來搭配您最喜歡的零食配料。
- 嘗試**全麥麥片棒、爆米花或全麥/雜糧薯片**。

總而言之，嘗試選擇：

- 全麥/全穀麵包來代替白麵包
- 糙米或野生米來代替白米
- 全麥/全穀麵食，而不是白麵食
- 或者在膳食中混合 50/50 種全穀物和精製穀物產品的搭配，以幫助滿足一天所需的全穀物攝入量。

參考：

1. 加州老齡化部門。加州老年人營養計劃菜單指南。 2020-2025。 <https://aging.ca.gov/download.ashx?IE0rcNUV0zZ%2fmnsWdwFAig%3d%3d>
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