



NEW RESEARCH REVEALS THAT EATING GRAIN FOODS DOESN'T AFFECT YOUR WAISTLINE!

- **Australian adults with the highest intakes of core grain foods, which is the leading source of carbohydrate in our diets, had similar waist circumferences and BMI's compared to those with the lowest intakes of core grain foods¹.**
- **Adults who avoid core grain foods are at risk of missing out on essential nutrients including fibre, which is beneficial for good gut health².**

New results from a survey of over 9,000 Australian adults, published last week in the journal *Nutrients*, found that eating core grain foods isn't linked to the size of your waistline. Adults with the highest intakes of core grain foods - which includes bread, breakfast cereals and pasta – had similar waist circumferences and BMI's compared with adults who had the lowest core grain intakes.

This ground breaking analysis of the 2011-12 National Nutrition and Physical Activity Survey, commissioned by the Grains & Legumes Nutrition Council (GLNC), found that not only was higher consumption of these grain foods not linked to a higher waist size, but grain consumers actually had a healthier diet and lifestyle pattern compared to those who avoided core grain foods¹.

The analysis of this research also demonstrated what many people have forgotten – grain foods are an essential source of fibre in our diet and Australians who eat more core grain foods have significantly higher fibre intakes than those who limit or avoid them. Emerging evidence also suggests that fibre-rich carbohydrate foods promote good gut health², which may ultimately have a favourable effect on health and chronic disease risk.

Overall grain consumption has declined over the last decade, with many Australians actively limiting gluten or carbohydrates - 42% of Australians report that they limit grain foods to assist with weight loss³. Many of these worrying trends are driven by widespread misconceptions and a lack of understanding about the multiple health benefits of grain foods.

Rebecca Williams, Nutrition Manager and Accredited Practising Dietitian at GLNC explains the risks of limiting grain foods *"Adults who limit healthy sources of carbohydrate - including core grain foods - end up putting themselves at risk of missing out on essential nutrients, such as fibre, folate, thiamine, iron, magnesium and zinc."*

"This new research highlights that we don't need to cut back on grain foods like bread and pasta for weight management and actually, by doing so, people are putting their health at risk by not getting enough fibre."

"It's important that we don't blindly follow the latest diet trends in search of a quick fix - choosing quality grain foods can have favourable effects on nearly every area of our health."

Core grain foods, particularly those which are whole grain or high in fibre, provide a multitude of health benefits and choosing just three of our six serves of grain foods a day as whole grain or high fibre options, can help to reduce our risk of cardiovascular disease and some cancers⁴⁻⁸.

What's more, it's easy to get the recommended six serves of grain foods every day by enjoying a bowl of high fibre breakfast cereal in the morning, a wholemeal sandwich for lunch and a stir-fry with rice for dinner. Why not try a traditional [Egg Sandwich on Wholemeal](#) as a quick and delicious way to increase your whole grains!

To find out more about the benefits of grain foods and carbohydrates, watch GLNC's myth-busting [webinar on low-carb diets](#) or visit [our website](#).

ENDS



Contacts

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Additional Recipes

[Egg & Lettuce Sandwiches on Seeded Wholemeal](#) Recipe kindly provided by Burgen.
[Quinoa & Wheat Berry Tabbouleh](#)

Resources

[GLNC Whole Grain Foods Factsheet](#)
[GLNC Grains for Health Report](#)
[GLNC Grains & Weight Loss Resources](#)

*Please refer to the attachments to your email for the below infographics.



Take a look at our social media channels for easy tips, recipes and more!

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References

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