



HEALTH EXPERTS: DO IT LIKE THE DANES THIS WHOLE GRAIN WEEK TO BOOST HEALTH! 15 June 2018

Scandinavian countries have long been celebrated for their culture, equality, and design, but in celebration of Whole Grain Week (18-24 June), health experts are suggesting we eat like the Danes, who enjoy more than triple the amount of whole grain than most Aussies.

Run by the Grains & Legumes Nutrition Council (GLNC), the inaugural Whole Grain Week will spread the word around the importance of whole grain foods in our diet and encourage Australians to make simple swaps, for big health benefits.

“Whole grain foods like brown rice, pasta, wholemeal bread and whole grain cereals are packed with nutrition and people who eat them regularly are less likely to develop heart disease, type 2 diabetes, even bowel cancer,” says Felicity Curtain, Accredited Practising Dietitian and Nutrition Manager at GLNC.

While refined grain foods like white pasta and rice still offer benefits, it’s the whole grain options that make the difference, being packed with more than 26 nutrients, including fibre, vitamins, minerals and antioxidants.

But unfortunately few Australians eat enough whole grains; 59% of us choose refined grains, eating an average of 21g whole grain per day – less than half the recommended 48g Daily Target Intake.

Conversely, those in Denmark devour an average of 63g of whole grain per day, trebling the Australian effort.

Whole grain foods feature heavily in a traditional Nordic diet, which is rich in foods like rye bread, oats, and barley, as well as plenty of fruit, vegetables, and legumes, plus oily fish and small amounts of dairy foods and meat.

Dietitians Alex Parker and Anna Debenham from The Biting Truth are jumping on board to spread the word this Whole Grain Week, saying grainy foods are a great step towards a healthier lifestyle.

“Let’s do it like the Danes this Whole Grain Week: a few simple swaps will mean you’re boosting your health, without compromising on taste or time.”



Up your grain game this Whole Grain Week with The Biting Truth's 5 simple swaps:

- Try wholemeal/whole grain bread in place of white
- Look out for whole grain breakfast cereals, or warm up with porridge oats!
- Swap your usual white rice for brown, black, even red rice!
- Did you know pasta, couscous, and noodles are all available in wholemeal varieties?
- Try a new grain: quinoa, freekeh, buckwheat, amaranth, and teff are all available in the supermarket

Check out GLNC's new searchable [whole grain database here](#) to see how your favourite whole grain foods stack up, or simply scan the QR code below.



ENDS

To arrange an interview with a member of the GLNC team, [The Biting Truth](#) or to request images, please contact:

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Background: GLNC and Whole Grain Week

GLNC is a non-profit health promotion charity and the independent authority on the health benefits of grains and legume foods. The inaugural [Whole Grain Week](#) is run with the objective of raising awareness of whole grains; their health benefits, how to use them, and where to find them. Various events will be held throughout the week, including a whole grain cook-off between two foodie duos: dietitians Alex and Anna from The Biting Truth, and celebrity chef Callum Hann and Dietitian Themis Chryssidis from Sprout Cooking School in Adelaide. Visit the [GLNC Website](#) for recipes, factsheets and information on the nutrition and health benefits of whole grains, and keep an eye on GLNC's social media channels for updates throughout the week.

