



MEDIA RELEASE

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Big benefits for making the swap to whole grain at any age

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This Whole Grain Week (21-27th June), the Grains & Legumes Nutrition Council are encouraging Australians to make the whole grain swap – a simple dietary change that could save the Australian economy upwards of **\$1.4billion** in healthcare and lost productivity costs, according to a new Australian-first study¹.

To celebrate, GLNC will be broadcasting a community service announcement on national television and radio with the help of the Sprout duo - Callum Hann of MasterChef fame and Themis Chryssidis, an Accredited Practising Dietitian.

“Making the swap to whole grain is one the easiest dietary changes we can make. Enjoying 3 serves of whole grain foods each day may reduce risk of chronic disease and could save the Australian economy billions in healthcare costs – it’s a win-win!” says Ms Jaimee Hughes, Accredited Practising Dietitian and Nutrition Manager at GLNC.

Australian adults are not the only ones to benefit from eating whole grain foods. Ms Hughes says making the swap matters at every stage of life.

“Whole grains play an important role in healthy diets at all stages of life, from early childhood to adolescence and into adulthood.”

“Introducing whole grain foods at an early age helps to lay the foundation for a lifetime of good health and may support a taste preference for whole grain foods in adulthood²”

For Australians over 9 years of age GLNC recommends three serves of whole grain foods to reach the 48g daily target.

To swap at breakfast, opt for oats or whole grain (and high fibre) breakfast cereals. At lunch, try a sandwich made with wholemeal bread and for dinner, try brown rice, freekeh, quinoa or wholemeal pasta. Whole grain crackers, plain popcorn and muesli bars (with a high Health Star Rating) make nutritious, convenient snacks.

Head on over to Instagram to take part in the [#wholegrainchallenge](#) or search from over 1,000 whole grain foods via GLNCs [searchable whole grain database](#).

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Access media collateral including infographics, videos and images via the GLNC dropbox link [here](#).

For more information, images, or to arrange an interview, contact:

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Background:

GLNC is a non-profit health promotion charity and the independent authority on the health benefits of grains and legume foods. The fourth annual Whole Grain Week - 21-27 June - is run with the objective of raising awareness on the health benefits of swapping to whole grain foods. To spread the word, GLNC have collaborated with Callum Hann and Themis Chryssidis from Sprout Cooking School in Adelaide to show you how to swap to whole grain via TV and radio. Visit the GLNC Website for recipes, factsheets and information on the nutrition and health benefits of whole grains and keep an eye on GLNCs social media channels for updates throughout the week. View the TVC [here](#).

About the Grains & Legumes Nutrition Council (GLNC):

As the independent authority on the nutrition and health benefits of grains and legumes, GLNCs mission is to promote grains and legumes nutrition as part of a balanced diet through evidence-based information. Visit the GLNC [website](#) for recipes, factsheets and up-to-date information on the latest evidence around grains and legumes, and connect with GLNC on Facebook, Twitter and Instagram via [@GrainsLegumesNC](#).

References

1. Abdullah, M.M.H.; Hughes, J.; Grafenauer, S. Healthcare Cost Savings Associated with Increased Whole Grain Consumption among Australian Adults. *Nutrients* **2021**, *13*, doi:10.3390/nu13061855.
2. Hassan, A.; Devenish, G.; Golley, R.K.; Ha, D.; Do, L.G.; Scott, J.A. Sources and Determinants of Wholegrain Intake in a Cohort of Australian Children Aged 12-14 Months. *Int J Environ Res Public Health* **2020**, *17*, doi:10.3390/ijerph17249229.