



## For The Early Learning Centre Sector

# Nutrition Fact Sheet

## All About Wholegrains

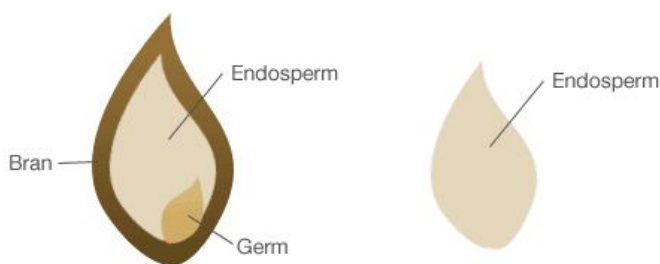


**Have you ever wondered how many grains you need daily, what makes a grain a wholegrain, or why wholegrains are more beneficial to your health?**

**In this fact sheet, we explore the differences between wholegrains and refined grains, the health benefits of wholegrains, the recommended serves of grains and how to include more wholegrains in your diet.**

Any food made from wheat, oats, rice, rye, barley, millet, quinoa or corn is a grain food. Examples include bread, pasta, noodles, breakfast cereals, etc. Grains can be divided into two subgroups: wholegrains and refined grains.

### WHOLEGRAIN VS REFINED GRAINS



**Wholegrain**

**Refined grain**

Wholegrains contain the three layers of the grain (i.e. the entire grain kernel), which include:

- The **bran** - contains fibre, B vitamins & minerals.
- The **endosperm** - contains carbohydrate, protein & some vitamins.
- The **germ** - contains B vitamins, vitamin E, healthy fats & antioxidants.

### HEALTH BENEFITS OF WHOLEGRAINS

Wholegrains are packed with a variety of nutrients including protein, fibre, B vitamins, antioxidants and trace minerals.

Research has shown that a balanced diet rich in wholegrains is associated with reduced risks of certain diseases, as well as improved overall health and wellbeing.

In particular, wholegrains are important to:

- Reduce the risk of constipation.
- Maintain stable energy levels throughout the day.
- Promote gut health and digestion.
- Provide essential vitamins and minerals.



## RECOMMENDED DAILY SERVES OF GRAINS

The Australian Dietary Guidelines recommend that children aged between 2-6 years should consume 4 servings of grain foods each day, preferably from wholegrain or high fibre varieties.

Examples of one serving of grain food:

- 1 slice of bread.
- ½ medium roll or flat bread.
- ½ cup cooked porridge, rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa.
- ⅔ cup wheat cereal flakes.
- ¼ cup muesli.
- 3 crispbreads.
- 1 crumpet.
- 1 small English muffin or scone.



## WAYS TO INCLUDE MORE WHOLEGRAINS IN YOUR DIET

1. Choose a wholegrain cereal for breakfast, such as oats.
2. Read food labels and look for “wholegrain”, “wholemeal” varieties.
3. Swap white bread, wraps and pasta with wholegrain varieties.
4. Swap white rice with brown rice, quinoa, couscous, wild rice or bulgur.
5. Use wholemeal flour in baking.
6. Add barley or wild rice to your soups, stews, casseroles and salads.



**For more information, please visit:**

Eat for Health - Grain (cereal) foods

<https://www.eatforhealth.gov.au/food-essentials/five-food-groups/grain-cereal-foods-mostly-wholegrain-and-or-high-cereal-fibre>

Australian Guide To Healthy Eating For Children

[https://www.eatforhealth.gov.au/sites/default/files/2022-09/n55f\\_children\\_brochure\\_0.pdf](https://www.eatforhealth.gov.au/sites/default/files/2022-09/n55f_children_brochure_0.pdf)

