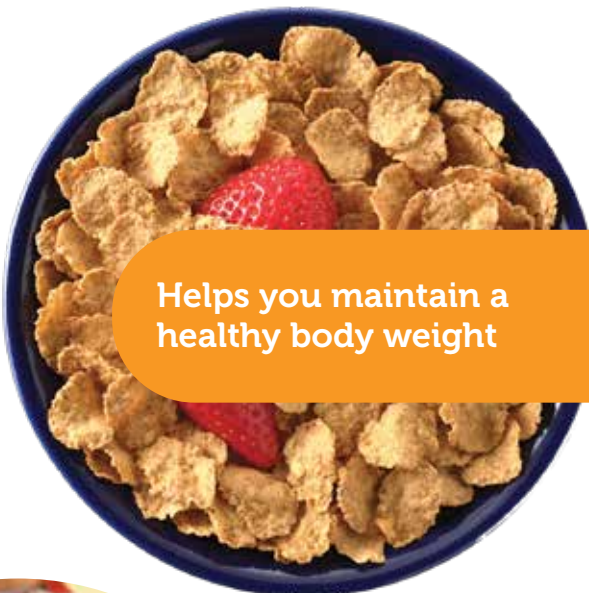


Whole Grains & Body Weight

A growing body of evidence supports that people who consume diets rich in whole grains compared to refined grains tend to have healthier body weights than those who don't.



Eat a diet rich in whole grains



Helps you maintain a healthy body weight

Did you know?

The 2020-2025 Dietary Guidelines for Americans recommends six servings of grains per day, at least half of which should be whole grains.

Whole grain packs a powerful punch! The plant nutrients including antioxidants, vitamins, minerals and fiber in whole grain work together to help keep you healthy.

Examples of one serving of whole grain:


½ cup of cooked brown rice

1 slice of 100% whole grain bread

1 cup of 100% whole grain ready-to-eat cereal



Helps you stay full



Helps you maintain a smaller waistline

References

- Maki, K. et al. (2019). The relationship between Whole Grain Intake and Body Weight: Results of Meta-Analyses of Observational Studies and Randomized Controlled Trials. *Nutrients*, 11 (6) 1245.
- Sanders, L. et al. (2021). Effects of Whole Grain Intake, Compared with Refined Grain, on Appetite and Energy Intake: A Systematic Review and Meta-Analysis. *Adv Nutr*, Online ahead of print DOI: [10.1093/advances/nmaa178](https://doi.org/10.1093/advances/nmaa178)
- Sawicki, C. et al. (2021). Whole and refined grain consumption and longitudinal changes in cardiometabolic risk factors in the Framingham Offspring Cohort. *J Nutr*, Submission under review
- U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020.* Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

Insert Logo



bell institute
OF HEALTH & NUTRITION
General Mills