

Minimally processed wholegrains

Minimally processed whole grains may be cooked to make them digestible. They are naturally higher in fibre, protein, healthier fats and phytonutrients than refined and processed grains.

As minimally processed grains are wrapped in a fibre shell, they provide a slower release of energy (blood glucose) than grains which have been more processed or refined.

They are an important source of fuel to help feed the 'healthy' bacteria in your gut. They offer a complete package of energy, fibre, protein, healthier fats and nutrients (including calcium, iron, zinc, B vitamins) and protective phytonutrients.



Examples include:

- brown rice and wild rice
- quinoa
- buckwheat
- millet
- whole rye
- whole barley
- wheat grains (freekah, bulgur, spelt and farro)
- oat groats and pinhead oats

It is worth looking out for more commonly found grains like brown rice, quinoa, buckwheat, wild rice and bulgur wheat in supermarkets. A wider variety of grains can be bought online or in health food shops if desired.



Try to make small steps towards more minimally processed whole grains. For example:

- 1** Try swapping white bread to a bread made with wholemeal flour.
- 2** Then try swapping to a bread with added seeds and grains.
- 3** Then try swapping to a bread with fewer added ingredients e.g. a fresher bread with added seeds and grains.
- 4** Then try swapping some of your bread based meals for meals with minimally processed whole grains (see next page for tips).

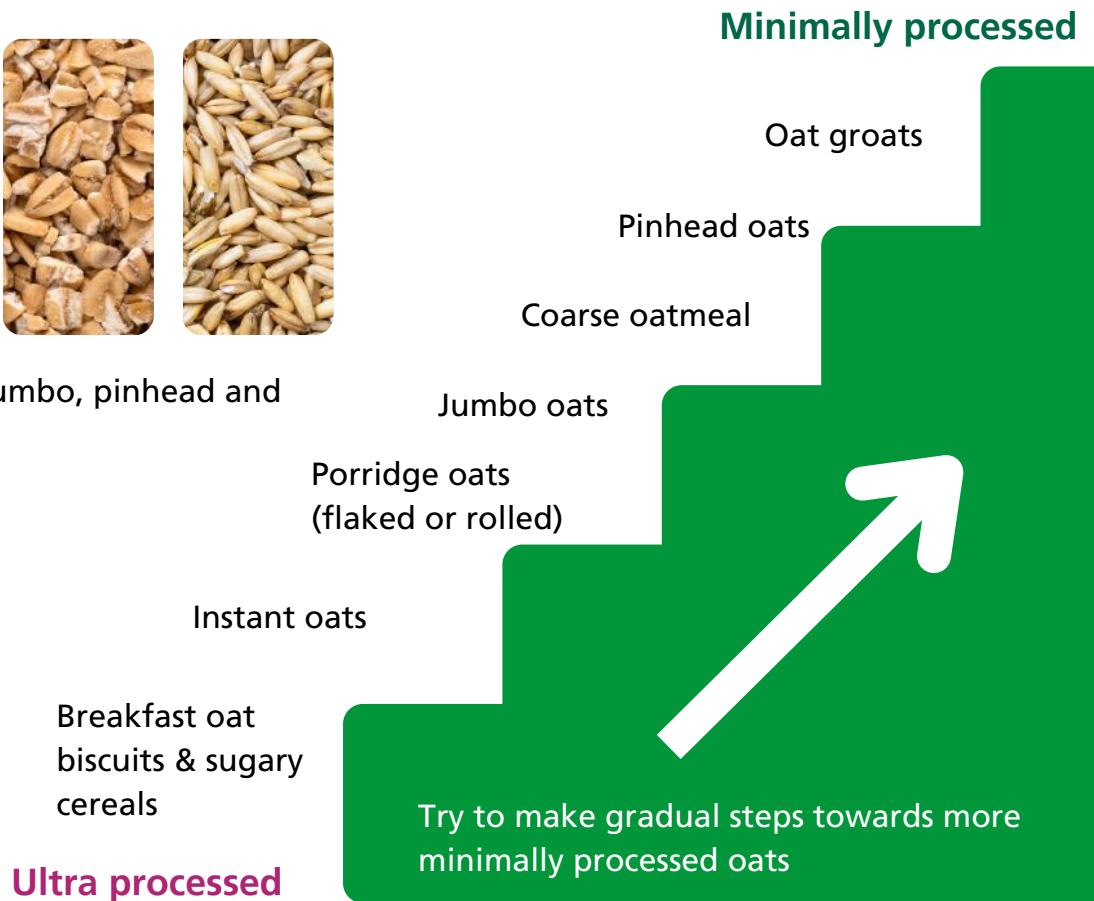


Tips for moving towards minimally processed whole grains

- Try a different minimally processed whole grain occasionally.
- Buckwheat, quinoa, bulgur, millet, brown rice and pinhead oats are helpful starter grains as they are quicker to cook.
- If you want to prepare whole grains, you can do so by cooking them on the hob for 10-45 minutes or in a rice cooker, slow cooker or an air fryer using the 'steam function' in half the time.
- All grains can be cooked using a low energy method too. Simply cover with water and bring to a boil for 1-3 minutes. Leave the lid on, turn off the heat, and let them soak in the residual heat for 3-4 hours or overnight.



Left to right: instant, jumbo, pinhead and whole groat oats



Try include more whole grain foods in your diet and try to have more of your whole grains whole and minimally processed.



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