**What is a wholegrain?**

Wholegrains are a big part of healthy eating, and experts recommend that half of the grains you eat should be wholegrains. In fact, it’s recommended to eat three servings of wholegrains every day. But, what is a wholegrain?

**Let’s start with the food science and nutrition basics**

Wholegrains are unprocessed and still contain the entire kernel, while refined grains are processed to remove this. The refining process also removes fibre, vitamins and minerals – and, refined grain products tend to be high in unhealthy fats, added sugar and salt. This processing of grains into refined grains is why wholegrains are often the better choice.

**Wholegrains improve your health by:**

* Promoting digestive health
* Lowering blood cholesterol levels
* Reducing your risk of type 2 diabetes
* Helping with weight management
* Promoting a healthy immune system

**TOP TIP:** When looking for a wholegrain product, look for the word “whole” on the label or check whether the wholegrain ingredient is first – or second after water – on the ingredients list. If a product contains multiple wholegrains, they should appear near the start of the ingredients list.

**Name that (whole)grain!**

There are many wholegrain foods – some popular grains include oatmeal, brown and wild rice, wholegrain bread, popcorn and wholewheat pasta.

Give them a tasty try in your next dish!