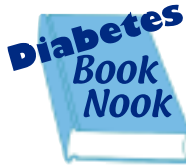


DiabeteSource™

News For The Diabetes Specialist

Spring 2006 ♦ Vol. 9 No. 2



Whole-Grain Foods in Health and Disease

by: Len Marquart, Joanne L. Slavin, and Gary Fulcher



This book provides a comprehensive review on whole grains, including the latest information on health benefits and disease prevention. Diabetes Educators will gain insight into the health promoting benefits of whole-grain foods.

Available online at:

www.aaccnet.org/bookstoretitles/27292.asp

CQI:

A Step-by-Step Guide for Quality Improvement in Diabetes Education

by: American Association of Diabetes Educators



This self-paced book focuses on the benefits of incorporating continuous quality improvement (CQI) in the ever changing healthcare environment. This book will give you the tools for quality improvement in Diabetes Education, patient care and program management.

Available online at:

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The WebMaster

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The Whole Grain Whole grains for life

Check out the University of Minnesota's website, an educational resource for healthcare professionals discussing the benefits of whole grains and diabetes. Other topics include: History of Grains, Future of Grains and Research Programs.

Visit:

<http://www.wholegrain.umn.edu/health/diabetes.cfm>

Enjoying Whole Grains

By: Sarah Schumacher, RD, CD, CDE
Madison, Wisconsin



Whole grains are being recommended by health professionals in television commercials, newspapers, magazine ads, and radio commercials. Claims of whole grain are showing up on cereal boxes, crackers, breads, and granola bars. "Whole grains" are the new buzz words in nutrition. However, consumers are left with questions. How do they affect health? Are they important to include in a daily diet?

What is a whole grain?

Grain kernels are made up of three parts: the bran, germ, and endosperm. Each of these three parts offers different nutritional benefits. The bran is the protective outer shell of the grain and provides fiber, B-vitamins, and 50-80% of the grain's minerals such as iron, copper, zinc, and magnesium, as well as phytochemicals. The endosperm is the middle layer and largest part of the grain by weight. It is low in vitamins, minerals, and phytochemicals but provides most of the protein and carbohydrates. The germ is the smallest part of the whole grain kernel and is concentrated with vitamin E, B-vitamins, essential fatty acids, antioxidants, and phytochemicals. A whole grain is one with all three parts of the kernel intact. A refined grain, however, has its germ and bran layers removed, thus removing large amounts of nutrition from the final product.

How to know if products are whole grain

Many people believe they can tell if they are eating whole grains from the color of the product. If a bread or grain is brown, it is often assumed that the product is a whole grain. For example, pumpernickel, a brown colored bread, is made with rye and wheat flours. But in the United States, whole grain flours are not typically used. On the other hand, a food made from oats may be a light color and be considered a whole grain. It is important to check labels when looking for whole grain. The word "whole," followed by the grain, should be the first ingredient listed on products.



Products that contain 51% or more of whole grain ingredients by weight may make this FDA-approved health claim: "Diets rich in whole grain foods and other plant foods, and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and certain cancers." Consumers can often tell if the product they are buying is whole grain if this claim is on the label or if the words "whole grain" are in large letters on the front of the package. Many labels may look like they are healthful whole grains when in fact, they may be no healthier than the white bread on the shelf next to them. Examples include 100% wheat, stone ground, 12-grains, and multi-grain. One-hundred percent wheat indicates that the product has only wheat in it, not necessarily whole wheat. Stone ground grains typically have the bran removed, and 12-grains or multi-grain indicates that the product has a variety of grains in it but may not contain any whole grains.¹

There are a variety of whole grains to choose from and experiment with. These include not only the familiar whole wheat bread but also popcorn, brown rice, wild rice, oatmeal, buckwheat, quinoa, whole grain corn, spelt, teff, triticale, amaranth, kamut, whole rye, millet, and cracked wheat.



Mark Your Calendar!

Upcoming Meetings

American Diabetes Association

- ◆ 66th Annual Scientific Sessions
June 9-13, 2006
Washington, DC
www.diabetes.org

American Association of Diabetes Educators

- ◆ 33rd Annual AADE Meeting
August 9-12, 2006
Los Angeles, CA
www.aadenet.org



In The Loop...

Breakfast Cereal May Help Weight Control

A new study recently released government data indicating that women who eat ready-to-eat cereal at breakfast tend to weigh less than those who don't. Starting your morning with a good breakfast helps stabilize blood glucose levels and improves strength and endurance.

Tips for Choosing a Good Breakfast Cereal



Have at least 3 grams of fiber per serving



Choose a cereal low in fat - less than 3 grams per serving



Choose a cereal with less than 400 milligrams of sodium per serving



Choose a cereal low in sugar - 5 grams or less per serving



Be aware of serving sizes



-Diabetes Forecast May 2006



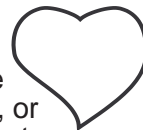
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Whole grains can be substituted for refined grains; use whole wheat pasta instead of white pasta when making spaghetti, consider quinoa as a grain in a salad, use brown or wild rice instead of white, snack on popcorn instead of refined crackers, or make a casserole with whole grain corn tortillas instead of flour tortillas. The U.S. Department of Agriculture, American Dietetic Association, and the U.S. Department of Health and Human Services all recommend at least 3 servings of whole grains daily to achieve health benefits.



What are the health benefits of eating whole grains?

Research has shown that consuming whole grains may help to reduce the risk of a growing number of diseases and conditions. These include not only heart disease and many types of cancer, but also diabetes, weight management, constipation, and diverticulosis. A report published by the American Heart Journal stated artery clogging appeared to slow down in women who ate six or more servings of whole grains weekly.² In a review of 19 studies, investigators found a decreased risk of 18 cancers in people who regularly consumed whole grains.³ The decreased risk was strongest for gastrointestinal cancers but there was also a decreased risk for liver, rectum, and pancreatic cancers. There is increasing evidence that the quality of carbohydrates eaten, such as those found in whole grains, may help to prevent type 2 diabetes. When type 2 diabetic subjects were given bread with whole grain flour versus milled flour, blood glucose and insulin levels dropped.⁴ From the Nurses Health Study, researchers have learned that women who consume more whole grains consistently weigh less than women who do not consume whole grains on a regular basis.⁵ Whole grains can also help decrease transit time through the gut. This helps with constipation, diverticulosis, and possibly decreasing the risk of certain cancers.

Research is ongoing into the benefits of whole grains, but we know now that the benefits of consuming whole grains can not be attributed to just one part of the whole grain, such as fiber. Research has shown that the fiber, antioxidants, B-vitamins, essential fatty acids, phytochemicals, and other healthful components of the whole grain all work together to reduce risk of disease. Educating consumers that the "whole" works better than all the "parts" may help them to choose whole grains regularly. Helping consumers identify whole grain products and providing simple ideas on how to incorporate these products daily can offer health benefits for a lifetime.

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