

Go with Whole Grains

Warm up this winter with nutritious, cancer-fighting whole grains.

HEARTY, SATISFYING AND DELICIOUS, whole grains provide dietary fiber that may help protect us from colorectal cancer. From barley to quinoa, whole grains contain essential vitamins, minerals and plant phytochemicals. In fact, each whole grain has its own list of cancer-protective phytochemicals and unique nutrients.

Including a variety of nature's original comfort foods in your meals can be as simple or adventurous as you wish.

Wholesome Whole Grains

Enjoy traditional whole grains like a steaming bowl of breakfast oats, a simmering pot of barley stew or savory whole-wheat bread. Or venture further by trying trendy quinoa or farro. But even rediscovering familiar favorites can be fun. Here are some examples.

OATS are a natural when it comes to breakfast. Serve hot with a sprinkling of cinnamon, as a cold cereal with milk or packed into a granola bar with dried fruits and nuts. Give oats' savory side

a try too—toss them into a spicy trail mix, mix into oat bread or use them in place of breadcrumbs in meatloaf. However you use them, you'll get their cancer-protecting fiber and antioxidants. Research shows that eating oats regularly helps lower blood cholesterol.

Nutty tasting **BROWN RICE** delivers a satisfying chew. When brown rice is produced, only the outermost layer, called the hull, is removed, keeping important B vitamins, dietary fiber and minerals that are removed from white rice.

Brown rice is a good source of dietary fiber and the mineral selenium. It's an easy swap for white rice in recipes, though it has a longer cooking time if you don't use the quick-cooking form. As a classic beans-and-rice dish, in a stir-fry or a burrito, brown rice gives any dish new flair. Add a dash of turmeric while it cooks to give it an appetizing golden color.

BARLEY adds pasta-like texture and heartiness to soups and stews, but this versatile whole grain has a larger potential. Barley

Did you know?

Eating patterns that focus on plant foods and include whole grains seem to reduce insulin resistance, which could lower risk of type 2 diabetes and possibly help prevent cancer.

can easily play the starring role in "pasta" salads, casseroles or stuffed peppers. Among whole grains, barley is especially high in dietary fiber. Barley is also rich in lignans and phytonutrients, which may help protect against breast cancer and heart disease.

Whole-grain **CORN** meal, corn flour and hominy can be used in bread and muffins, tortillas and vegetable stews. Or try a side dish of creamy whole-grain polenta (coarse cornmeal often sold in a plastic-wrapped tube in the dairy section of the grocery store). Corn boasts many B vitamins as well as fiber and protein.

Whole vs. Refined Grains

White rice and all-purpose flour are examples of refined grains that have the bran and germ removed. Those layers contain fiber, phytochemicals, vitamins and minerals that whole grains still retain. So look for the whole grain stamp on the package or check the ingredients on baked goods to make sure the list begins with "whole wheat" and not just "wheat." See the fiber content per serving on the Nutrition Facts label. Aim for a minimum of 3 servings of whole grains daily.



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