



Four Research Studies

Every day, more studies show the benefits of whole grains. These four recent studies show the role that whole grains play in potentially preventing disease and increasing longevity:

Replacing Butter, Sugar, or Refined Grains with Whole Grains Cuts Heart Disease Risk

Harvard researchers followed over 120,000 adults for 24-30 years, tracking their diet and health records. The scientists found that replacing 5% of daily calories from saturated fat (like butter, cream, and red meat) with whole grains is associated with a 9% lower risk of heart disease, but replacing saturated fat with refined grains or added sugars does not lower heart disease risk. Additionally, they found that replacing 5% of daily calories from refined grains and added sugars with whole grains or polyunsaturated fats (found in fish, nuts, seeds, and safflower oil) can also significantly reduce heart disease risk. The researchers concluded, “Our findings provide epidemiological evidence of the current dietary guidelines, which recommend both “replacing saturated fatty acids with monounsaturated and polyunsaturated fatty acids” and “replacing refined grains with whole grains.””

[*Journal of the American College of Cardiology.*](#) 2015 Oct;66(14):1538-48. (Li Y et al.)

Regular Whole Grain Consumption May Reduce Breast Cancer Risk

Eating whole grains daily may help keep breast cancer at bay. Approximately 1 in 8 women are diagnosed with breast cancer, and lifestyle factors are thought to play an important role in prevention. To determine the relationship between eating patterns and breast cancer, researchers analyzed the diets of 250 newly diagnosed female breast cancer patients, and 250 age-matched controls (without cancer). The scientists found that eating whole grains at least 7 times per week was associated with a decreased risk of breast cancer.

[*Journal of the American College of Nutrition.*](#) 2015 Apr 27:1-7 (Mourouti N et al.)

Whole Grains and Cereal Fiber Linked with Longevity

A growing body of research suggests that whole grains may help you live longer. Boston scientists analyzed data from over 367,000 adults, and found that those with the highest intake of whole grains had a 17% lower risk of death from all causes compared to those who ate the least whole grains. Additionally, those eating the most whole grains had a lower risk of several disease-specific deaths, ranging from 11% for respiratory disease, up to 48% for diabetes. Similarly, a high intake of cereal fiber (the fiber from grain foods) was associated with a 19% lower risk of death from all causes, and a 25-34% lower risk of disease specific deaths. Whole grains offer a healthy diversity of protective nutrients, and this research suggests that cereal fiber is certainly among them.

[*BMC Medicine.*](#) 2015 Mar 24;13:59 (Huang T et al.)

Whole Grain Intake Can Lower Death Risk

Eating more whole grains may help you live longer! Researchers from the Harvard School of Public Health analyzed data from over 110,000 adults. The scientists found that every one-ounce serving of whole grains was associated with a 5% lower total risk of death, or a 9% lower risk of death from heart disease. Whole grain intake was not significantly associated with cancer mortality. The researchers of this study conclude “these results are in line with recommendations that promote increased whole grain consumption to facilitate disease prevention.”

[*JAMA Internal Medicine.*](#) 2015, 175(3):373-384. (Wu H, et al.)



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