

WHOLE GRAINS

from DAN'S
HAND

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We all know that whole grains are healthier than refined ones, but do you know why?

Anatomy of the Grain

All grains — be they wheat, oats, rye or barley — grow as kernels. Each kernel is composed of three layers. The outermost layer is called the bran and it contains the bulk of the grain's fiber. The innermost layer is called the germ and it stores the majority of the grain's vitamins, minerals and oils. The layer between the bran and the germ is called the endosperm and it holds most of the starch.

Since post World War I, man has learned how to separate all of these layers of the grain; now most of the baked goods we enjoy today are made with just the endosperm — the starchy part of the grain. And why not? Remove the bran and germ and you have a much lighter and whiter bread instead of a darker, coarser, heavier bread.

These refined products lack the fiber, vitamins, minerals and oils that whole-grain products provide. Not only does this limit their nutritional content, but it also increases the speed at which the body digests and absorbs those grains. This means they cause insulin levels to spike, which can lead to more rapid fat gain. Because of this, refined grains have contributed to obesity, diabetes and even heart disease.

Fortifying flours can restore some of the lost vitamins and minerals removed; the dietary fiber that's lost cannot be replaced. Therefore it is recommended that the grains included in your diet be whole grains.

The exception to this rule is around workout time — particularly post-workout — when you want fast digesting carbohydrates to restore depleted muscle glycogen. Processed grains are okay post-workout because they will be quickly broken down into sugar, which will restore low glycogen levels in your muscles. However, they are devoid of many of nature's nutrients, so make every calorie count, especially when your body is a sponge willing to suck up anything you give it.

Drink your calories now and drink them in a balanced Recovery Shake. Don't forget to tailor the shake to your specific goals by adding the supplements you need to help get you there.

One hour after your Recovery Shake, begin eating normal meals again, and be sure to include all the necessary macros and fiber in each of them.

Eat Well!

PROJECT: PFC
MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again".
Eat Well. Live Well (and Long).