

- Grain / Diet

## Which whole grains should you include in your breakfast for better health?

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Whole grains contain the bran (the nutritious outer layer), the germ (the seed's nutrient-rich embryo) and the endosperm (the germ's food supply, which is high in starchy carbs) that often get removed during automatic processing. These are essential since they are high on nutrients and fibre and offer a host of health benefits. Some of the advantages of consuming whole grains include weight management, reducing the risk of obesity and type 2 diabetes, refining heart health and improved digestive health.

Some of whole cereals that should be a part of your everyday diet are whole oats, buckwheat, millet, whole barley, spelt, quinoa, brown rice, corn, bulgur or cracked wheat and whole wheat. There are many different breakfast foods that can be made using these whole grains — from porridge and cereals to pancakes, waffles, and muffins. These power-packed breakfast meals can help keep you feeling full for hours, and add a healthy dose of plant protein, fibre, vitamins, and minerals to your diet.

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