**Mayo Clinic Minute**

**Why whole grains are the healthier choice**

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<th>VIDEO</th>
<th>AUDIO</th>
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<td>Not all breads are created equal.</td>
<td>“The healthiest bread option is something that’s made with whole grains.”</td>
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**Title:**
Angie Murad
Dietitian
Mayo Clinic Healthy Living Program

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Dietitian Angie Murad says that’s true for bread and other grain products, like these whole-wheat crackers ...

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Angie Murad

“… whole-wheat pasta, brown rice.”

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**Graphic:**
Bran
Germ

Whole grains are unrefined, meaning they still contain the bran and germ.

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Angie Murad

**Graphic:**
Bran
Fiber
Antioxidants

“The bran provides fiber in it. It also provides antioxidants.”

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**Graphic:**
Germ
Vitamins
Protein
Healthy fat

The germ delivers B vitamins, protein and some healthy fat.

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Angie Murad

“So, when you include all parts of the grain, there are health benefits.”

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Murad says to be aware of packages with soundalike slogans.

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Angie Murad

“So, if it says cracked wheat or multigrain or seven-grain, those don’t guarantee that it’s a whole grain.”
<table>
<thead>
<tr>
<th>Angie Murad</th>
<th>She says some whole-grain products have a special stamp like this. Otherwise, look for the words &quot;whole grain&quot; on the list of ingredients.</th>
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<td></td>
<td>“Whole grain – that’s what you’re looking for as the first ingredient.”</td>
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<td>For the Mayo Clinic News Network, I’m Jeff Olsen.</td>
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