

## Mayo Clinic Minute

### Why whole grains are the healthier choice

VIDEO	AUDIO
	Not all breads are created equal.
Angie Murad	"The healthiest bread option is something that's made with whole grains."
<b>Title:</b> <b>Angie Murad</b> <b>Dietitian</b> <b>Mayo Clinic Healthy Living Program</b>	"It needs to say 'whole grain.'"
	Dietitian Angie Murad says that's true for bread and other grain products, like these whole-wheat crackers ...
Angie Murad	"... whole-wheat pasta, brown rice."
<b>Graphic:</b> <b>Bran</b> <b>Germ</b>	Whole grains are unrefined, meaning they still contain the bran and germ.
Angie Murad <b>Graphic:</b> <b>Bran</b> <b>Fiber</b> <b>Antioxidants</b>	"The bran provides fiber in it. It also provides antioxidants."
<b>Graphic:</b> <b>Germ</b> <b>Vitamins</b> <b>Protein</b> <b>Healthy fat</b>	The germ delivers B vitamins, protein and some healthy fat.
Angie Murad	"So, when you include all parts of the grain, there are health benefits."
	Murad says to be aware of packages with soundalike slogans.
Angie Murad	"So, if it says cracked wheat or multigrain or seven-grain, those don't guarantee that it's a whole grain."

	She says some whole-grain products have a special stamp like this. Otherwise, look for the words “whole grain” on the list of ingredients.
Angie Murad	“Whole grain – that’s what you’re looking for as the first ingredient.”
	For the Mayo Clinic News Network, I’m Jeff Olsen.