[IMAGE]

No Grain, No Gain

Weight loss has become a cultural obsession; these days, it seems that diet fads vanish as quickly as they appear. A study published in the November 2003 issue of the American Journal of Clinical Nutrition, however, shows that weight loss might be as simple as eating a diet rich in whole-grain foods.

Researchers evaluated the eating habits of 75,000 U.S. female nurses ages 38-63 during a 12-year period. The study found that women who consumed more high-fiber whole-grain foods, including brown rice, whole-grain breads and whole-grain cereals, were 49 percent less likely to gain weight and, on average, nine pounds lighter than their non grain-eating counterparts.

But that's not all: Other studies have shown that a diet consisting of whole-grain foods can lower your risk for developing heart disease. So, ditch those sugary cereals and refined breads and replace them with whole-grain options; while you're at it, trash the junk food like chips and cookies. You'll feel better, lose weight, and your heart will thank you for it.

Reference:

Liu S, Willett W, Manson JE, et al. Relation between changes in intakes of dietary fiber and grain products and changes in weight and development of obesity among middle-aged women. *American Journal of Clinical Nutrition* November 2003:78(5), pp 920-27.

Additional information on the benefits of proper nutrition can be found at
http://www.chiroweb.com/tyh/nutrients.html.

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