

JOEL FUHRMAN, MD

Some whole grains are more whole than others

The vast majority of the grain products eaten in the United States are refined. When whole grains are refined, for example into white flour or white rice, they are stripped of fiber and micronutrients, leaving behind a calorie-rich, nutrient-poor food.

A meta-analysis pooling the data from six previous studies has concluded that eating three servings (about 90 grams) of whole grains daily is associated with a 17-percent decrease in risk of colorectal cancers.

Also, in review of 16 other studies, they concluded that every 10 grams of fiber consumed daily provided a 12-percent reduction in colon cancer risk. So it's the refined grains are that could increase one's risk of colon cancer.

Studies have already linked refined grains with higher rates of breast cancer too.

The most favorable way to consume grains is with the grain remaining intact.

Examples of intact grains are brown and wild rice, wheat berries, barley, quinoa and steel cut oats.

Cooking these grains in water is the most healthful way to prepare them, which also prevents the formation of acrylamide, a potentially toxic compound. Intact whole grains can be eaten for breakfast with fruit and seeds, or with tomato sauce and onions with lunch or dinner.

Whole wheat pasta also has a fairly favorable glycemic load, but bean and lentil pasta are even better, when you consider the resistant starch content and glycemic benefits of beans.

Also too much grain, even too much whole grains can make your diet sub-optimal. The reason for this can be:

1. If you eat too many grains, you may not eat enough beans, green and yellow vegetables, which are more micronutrient dense.

2. Most brown rice is contaminated with arsenic-containing agricultural chemicals, which can find its way to your plate.

3. Many whole grain breads, cereals and crackers are dry cooked and can be browned, forming a toxin called acry-

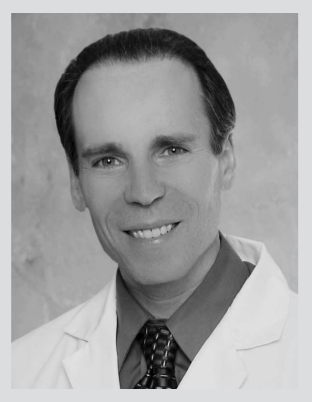
lamide, which is potentially harmful. High acrylamide intake is associated with several cancers.

4. Whole grain pastry flour can still have an unfavorable glycemic load because it is ground so fine. Many studies have linked high GL foods to increased risk of colorectal cancers.

Among carbohydrate sources, beans are superior to whole grains with respect to their micronutrient density, glycemic effects, and fiber and resistant starch content.

For example, barley has a GL of 12, and a fiber + resistant starch content of 35.2 percent; black beans have a GI of 5 and fiber + resistant starch content of 69.5 percent.

Fiber helps to prevent colon cancer by reducing the contact between dietary carcinogens and intestinal cells via increasing stool bulk and accelerating transit time.



Resistant starch, similar to fiber, is a carbohydrate that is not broken down by human digestive enzymes. Fiber and resistant starch act as prebiotics, fueling the growth of healthy bacteria (probiotics); healthy bacteria in the gut ferment fiber and resistant starch, forming short chain fatty acids that have a number of anti-cancer effects.

Eating beans, peas, or lentils at least twice a week has been found to decrease colon cancer risk by 50 percent.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

Dessert auction to benefit school garden project

Help support the Siuslaw School Garden by coming to Homegrown Pub for its "Support Local!" dinner and School Garden dessert auction Monday, Feb. 22, at 5:30 p.m.

The community dinner will be made from locally grown and produced food by owner and chef Kelsey Terry at Homegrown Pub.

Following dinner there will be a dessert auction which has proven to be fun in the past.

Proceeds from the auction will be used to support the School Garden Coordinator position, which works with students and the teachers to plant, harvest and compost in the school's 18 garden beds.

Siuslaw Elementary students compost their school lunch waste to create a health-

ier garden, which has overwintering crops as well as cover crops in some of the beds.

Plans for spring planting are happening now. Through the garden, students are creating a new and healthy relationship with their food.

To learn more about the Siuslaw School Garden, contact harvestyourbackyard@yahoo.com.

The Garden is actively seeking donations to purchase a large greenhouse for more year-round instruction and food production.

Tickets for the "Support Local!" dinner and dessert auction are \$20 and are available at Homegrown, 294 Laurel Street.

Seats are limited.

FRAA art at Greentrees

Florence Regional Arts Alliance (FRAA) members will be exhibiting their works exclusively for the residents of Greentrees Village.

Hanging art will be displayed in a secured area on the business office walls and 3-D art will be in a locked display cabinet. Delivery for the art

will be Tuesday, March 1, from 1 to 3 p.m., in Greentrees' lobby.

Security gates will be open during those hours.

Pick-up will be Thursday, March 31, from 1 to 3 p.m.

For more information, contact Bill Johnson at 541-997-1680.

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