

JOEL FUHRMAN, MD

Preventing colon cancer with grains, fiber

The vast majority of the grain products eaten in the U.S. 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.

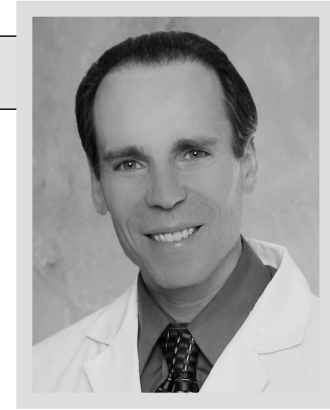
The reason for this can be if you eat too many grains, you may not eat enough beans, green and yellow vegetables, which are more micronutrient dense.

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 gut the 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.

In summary, intact whole grains are healthful natural foods that contain beneficial phytochemicals. For optimal disease protection, I recommend eating beans every day, avoiding refined grains, and primarily eating whole grains intact and cooked in water (rather than as breads or pastas).

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

Yachats arts, crafts fair returns this weekend

YACHATS — Arts and crafts from 65 selected artists from the Pacific Northwest will be featured at the 46th annual Yachats Original Arts and Crafts Fair this weekend, March 19 and 20.

Media include original paintings, handcrafted jewelry, art glass, pottery, furniture, woodwork and mixed media, clay vessels, sculpture, stained glass, ceramic tiles, natural fiber textiles, screen prints, photography, gourmet spice and food products, natural bath products, recycled

garden art, handcrafted toys and more.

Fair hours are Saturday, March 19, from 10 a.m. to 5 p.m., and Sunday, March 20, from 10 a.m. to 4 p.m.

The fair takes place at the Yachats Commons, 441 Highway 101, in downtown Yachats.

Admission is free. The Yachats Original Arts and Crafts Fair is sponsored by the Yachats Area Chamber of Commerce.

For more information, visit www.Yachats.org.

Deadline for Soroptimist scholarships is April 15

Soroptimist International Club of Florence has three scholarship awards. The deadline for applications is April 15.

There is a technical field award of \$1,000, a medical field award of \$1,000 and a college scholarship of \$3,000.

Applications are being accepted now by Mimi

Teachout.

For more information, contact her at 541-902-9815 or email mimi.teachout@opbc.com.

Call her for an application or an application can be emailed to you.

Applications can also be sent to Florence Soroptimist Club, P.O. Box 1209, Florence, OR 97439.

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