

WHAT ABOUT WHEAT, ANYWAY?

Key Takeaways and Resources from the webinar on March 23, 2022



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Webinar presented by:




WHY EAT WHEAT?


- Wheat-based foods are dietary staples and are recommended by governmental organizations worldwide, especially whole grains.
- Removal of specific grains, including refined grain foods, led to an increased percent of consumers not meeting recommendations for several shortfall nutrients, including dietary fibre, folate, iron, and magnesium. Wheat-based foods can contribute to a nutrient dense diet.
- Foods made with wheat and flours can be accessible, versatile, and affordable options that contribute to a healthy eating pattern.
- Wheat-based foods can be a source of many nutritional components that benefit heart health and reduce risk of diabetes such as whole grains, dietary fibre, resistant starch and B vitamins. In fact, 3-5 servings of whole grains/day was related to a 26% lower risk of diabetes and a 21% lower risk of heart disease.
- Wheat-based foods that are high in fibre contribute to a healthy gut microbiota since the fibre is fermented by the intestinal bacteria. The human gut microbiota are important for digestion and absorption but also modulate disease risk.

WHEAT 101


Common types of wheat flour:

100% whole grain, whole wheat flour:


 In Canada, this flour contains the entire wheat kernel (bran, germ and endosperm). It may be called whole grain flour, 100% whole grain flour or 100% whole grain whole wheat including the germ.


 In Mexico, whole grain refers to a product obtained from grinding the cereal grain that preserves the shell and its other constituents in a relative proportion similar to that of the original intact grain, achieving this either by natural or by technological means.

Whole wheat flour:

 In Canada, this flour is missing 5% of the grain kernel. Most of the germ and some of the bran has been removed to prolong shelf life by reducing rancidity, while maintaining the benefits of the dietary fibre content.

Refined wheat flour (enriched or all-purpose): This flour contains the endosperm with much of the bran and germ removed.

 In Canada, all refined wheat flour is enriched and fortified with key vitamins and minerals to prevent nutrient deficiencies and improve the nutrient quality of food for Canadians. Refined wheat flour is enriched with thiamin (vitamin B1), riboflavin (B2), niacin (B3), folic acid (B9), and iron. Vitamin B6, pantothenic acid, magnesium, and calcium may also be added, but this is voluntary.

 In Mexico, refined flours are fortified with thiamin (vitamin B1), riboflavin (B2), niacin (B3), folic acid (B9), iron, and zinc.

Multigrain: A product labeled 'multigrain' simply means a flour that contains many different grains. It does not indicate whether a product contains whole grains or refined grains.

More resources and research can be found at Whataboutwheat.ca **Look for the links**

Find more resources on enrichment and fortification

WHEAT AND HEART HEALTH

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Heart disease is the second-leading cause of death in Canada. In Mexico, it is the leading cause of mortality, accounting for ~20% of total deaths.

Wheat-based foods can be a source of many nutritional components that benefit heart health such as whole grains, dietary fibre, resistant starch and B vitamins



There are a few mechanisms that help to explain the beneficial effects of whole grain , like wheat on heart health. Whole grains decrease cholesterol absorption, decrease blood pressure, improve glucose and insulin responses in our blood which, and can help with the management of a healthy body weight.

Find more resources on
dietary fibre and heart health



WHEAT AND DIABETES



30% of Canadians and Mexicans are living with prediabetes or diabetes. Nutrition is core to diabetes prevention and management.



Nutritional qualities of wheat-based foods can contribute: Whole grains, Dietary fibre, and Gluten. Also, wheat-based foods higher in dietary fibre have a lower glycemic index which is important for those managing diabetes.

Find more resources on
whole grains and diabetes



WHEAT AND GUT HEALTH

The bacteria in the human gut, known as the human gut microbiota, is increasingly recognized as a major factor influencing health.



Foods high in dietary fibre have a positive effect on the human gut microbiota. Both soluble and insoluble fibre are fermented by the bacteria in the intestine as their main energy source. This fermentation creates short-chain fatty acids (SCFA), which can elicit health benefits and create optimal growing conditions for good bacteria.

Find more resources
on fibre and gut health



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