

Re: whole grain wheat

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-06/msg00312.html>

- *From:* "TC" <tunderbar@xxxxxxxxxxxx>
 - *Date:* 9 Jun 2005 06:54:34 -0700
-

Sbharris[at]ix.netcom.com wrote:

>>>For the so-called "staff of life" it is missing some very important
> nutrients. And this is whole grain wheat, refined white flour is
> virtually bereft of any nutrient useful to humans. <<
>
>
> COMMENT:
>
> As is white rice and white rice flour. This does not prevent the
> Japanese from having the world's best life expectancies, as they mix
> all that white rice with a bunch of other stuff, whenever they eat it.
>
> Why this same principle should not work as well with white wheat flour
> is not obvious. Probably it does, as you point out for the
> Mediterraneans. I think the overall epidemiology suggests that it
> hardly matters what carbohydrate you use, so long as you consume it
> adequate with protein and fat. And that your overall diet has enough
> vitamins (which can be from other sources entirely), minerals, and
> adequate w-3 and w-6 EFAs.
>
> SBH

The difference is the sheer amount of refined carbs. It is also the amount of fat in the diet.

The mediterraneans and the japanese do not eat huge amounts of sugars. They eat moderate amounts of pasta and/or rice. They eat a lot of fresh whole-food foods with minimal processing. They eat entirely adequate amounts of healthy fats (fish fats, olive oil, etc). They live closer to the soil with little extra food processing other than just cooking the fresh foods. These foods are filling and full of real nutrition.

As opposed to the western diet with lots of sugar (super sized sodas, high fructose corn syrup added to everything), plenty of pasta (mac and cheese, huge plates of pasta) and/or rice and/or starchy tubers (french fries with every second meal) and less healthy fats (margarine,shortening). And a lot of what they eat is highly processed.

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This food is appetite-stimulating and empty of real nutrition.

It is those darned food paradoxes at work again. Western people eat lots of carbs and less fat and end up gaining weight and getting sicker which is the exact opposite of what is supposed to happen, according to the experts. While the mediterraneans and japanese eat less overall carbs and better carbs and more healthy fat and they are less obese and much healthier.

TC

• *Follow-Ups:*

- ◆ **Re: whole grain wheat**
◇ *From:* calypso47
- ◆ **Re: whole grain wheat**
◇ *From:* Sbharris[at]ix.netcom.com
- ◆ **Re: whole grain wheat**
◇ *From:* Enrico C

• *References:*

- ◆ **whole grain wheat**
◇ *From:* TC
- ◆ **Re: whole grain wheat**
◇ *From:* Sbharris[at]ix.netcom.com

- Prev by Date: **Re: Low-Glycemic Better Than Low-Fat Diet**
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