

Re: What is so great about grains?

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- *From:* Susan <nevermind@xxxxxxxxxxx>
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x-no-archive: yes

wouldntyouliketoknow wrote:

I am not in the medical or nutritional field at all (I am a psychologist by trade but I have a basic layman's knowledge of the components of good nutrition). I am enquiring why it is important to eat grains, by which I mean cereal-based foods. I am studying informally the components of a complete diet reading texts on the net, but I can't seem to find what is unique at all about grains – in other words, what do they have that cannot be obtained elsewhere?

Nothing.

The reason I ask is because I personally find them rather too filling and bloating – especially when cooked in cakes, breads, crackers – I usually avoid those like the plague. A small portion of cooked brown rice in my salad does not have that effect, I find. Also, I do drink the many flavored rice milks (carob, vanilla, etc) so I am obviously consuming them to a small degree, and I also eat Ryvita crackers a few times a day (rye), which I find easy on digestion and producing a light rather than full feeling afterward.

However, most descriptions on the nutritional websites discuss grains from the perspective of fiber – well obviously one can get tons of fiber in fruits and vegetables and nuts (thus, not counting grains) – especially when like me one eats a lot of salads that contain numerous vegetables, fruits and nuts in them. In fact, when I look at a list of all the required minerals, vitamins and oils, I find them in abundance in the veggies, fruits and nuts.

I do realize that grains are great for producing sources of energy, and the World Health Organization recommends we eat 55% of our diet in terms of grains, but when I look at the breakdown statistics of carbohydrates in veggies and fruit, I see that they are packed in them too (some more than others, granted).

So that would seem to rule out carbohydrates and fiber (as unique to grains/cereals, that is).

There isn't anything about grains that isn't inferior to veggies as a source of nutrients and/or fiber, unless you really need to load up on calories cheaply.

Susan

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