

## **Recognizing the Real Whole Grain**

All whole-wheat bread is brown, but not all brown bread is whole-wheat. . "Wheat bread" may be made from varying proportions of enriched white flour and whole-wheat flour. The type of flour present in the largest amount is listed first on the ingredient label. Sometimes a dark color is provided by "caramel coloring," also listed on the label. The milling of wheat to produce white flour results in the loss of nutrients and fiber as the bran and germ are removed.

By law, bread that is labeled "whole wheat" must be made from 100 percent whole-wheat flour. The term "whole grain" must refer to cereal grains that consist of the intact, ground, cracked or flaked fruit of the grains whose principal components -- the starchy endosperm, germ and bran -- are present in the same relative proportions as they exist in the intact grain.

### **Try:**

- ◆ Bran muffins
- ◆ Cornbread, from whole, ground cornmeal
- ◆ Cracked wheat bread
- ◆ Graham crackers
- ◆ Oatmeal bread
- ◆ Pumpernickel bread
- ◆ Rye bread

Taken from "Extraordinary Facts about Beans" American Cancer Society, "Dietary Guidelines for Americans" USDA and "Fiber" Harvard School of Public Health

For more information go to:  
[www.hsph.harvard.edu/nutritionsource/fiber.html](http://www.hsph.harvard.edu/nutritionsource/fiber.html)

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## **UNIVERSITY HEALTH AND COUNSELING SERVICES**

[www.uww.edu/uhcs](http://www.uww.edu/uhcs)  
Corner of Prairie and Starin  
Division of Student Affairs, UW-Whitewater  
[www.uww.edu/staffair](http://www.uww.edu/staffair)

### **Hours**

Monday-Friday 8:00 - 4:30; summer & evening hours may vary.

### **Health Services 472-1300**

- \* Examinations and treatment for illnesses and minor injuries
- \* Laboratory tests and medications
- \* Allergy injections and immunizations
- \* Pelvic exam and Pap test
- \* Contraceptives
- \* STD and HIV antibody testing
- \* Cold self care
- \* Referrals to specialists
- \* Phone consultations with RN
- \* Rehabilitation for students with disabilities

### **Counseling Services 472-1305**

- \* Individual counseling for many concerns, including...
  - \* Relationships
  - \* Depression
  - \* Self-esteem
  - \* Values clarification
  - \* Alcohol and other drugs use
  - \* Sexual assault and abuse
  - \* Decision-making
  - \* Anxiety
  - \* Sexual orientation
  - \* Stress
- \* Group counseling options
- \* Consultations with staff
- \* Referrals to community agencies
- \* Crisis intervention
- \* Practicum training site

### **Wellness Services 472-1300 ext. 2244**

- \* Lobby Resource Center
- \* [Royal Purple](#) articles
- \* Bulletin board kits
- \* Healthy U newsletter
- \* Web site
- \* Posters
- \* Wellness fairs
- \* Educational presentations

### **Employee Assistance Program 472-1305**

- \* Confidential assistance and referral for employees with concerns such as:
  - \* Stress
  - \* Depression
  - \* Finances
  - \* Alcohol and other drug use
  - \* Troubled coworkers
  - \* Marriage/family
  - \* Health

### **24-Hour Emergency help:**

#### **911 Whitewater Rescue Squad**

472-1060 Sexual Assault Response Team  
262-741-3200 or 1-800-365-1587 Crisis Line

# GOOD NEWS ABOUT FIBER

## Health Benefits of Eating

### Fiber

- Foods high in fiber can lower your risk heart disease
- A diet high in cereal fiber has been linked to a lower risk of type 2 diabetes
- Eating dietary fiber, particularly insoluble fiber, is associated with a lower risk of diverticular disease.
- Fiber, especially wheat or oat bran, seems to relieve and prevent constipation
- By providing fullness with fewer calories, fiber rich foods can be helpful in weight control.

### **Some good foods for fiber:**

- ✓ Whole-grains
- ✓ Vegetables, especially with edible skins, stems, seeds
- ✓ Beans, lentils and peas
- ✓ Whole fruits, especially with edible skins or seeds
- ✓ Nuts and seeds

### **Did You Know...**

The form of food will affect its fiber content

- Apple juice, 3/4 cup: 0.2 g fiber
- Applesauce, 1/2 cup: 2.1 g fiber
- Whole apple with peel: 3.6 g fiber

### Facts about Fiber

- One cup of cooked beans gives adults about 1/2 of the suggested amount of fiber needed in one day
- The recommended daily amount of fiber each day is 20-35 grams, but most Americans only eat 14-15 grams per day
- Fiber intake should be increased gradually with an increase intake of water as well since fiber absorbs water.
- Foods high in fiber are usually low in fat
- Dietary fiber is the parts of plants that

humans can't digest.

- There are several types of fiber, such as cellulose, pectin, lignin, and gums. Plants differ in the types and amounts of fiber they contain.
- Soluble fiber partially dissolves in water and is found in foods like oatmeal, nuts and seeds, beans, peas and lentils, apples, pears, and berries.
- Insoluble fiber does not dissolve in water and is found in whole grains, seeds, carrots, cucumbers, zucchini, celery and tomatoes
- Different types of fiber function differently in the body. It is important to eat a variety of plant foods to benefit from effects of different kinds of fiber.



### What Are Whole Grains?

Whole grains are products that contain the entire grain, or all the grain that is edible. They include the bran and germ portions which contain most of the fiber, vitamins, and minerals, as well as the starchy endosperm.

Some examples are whole wheat, cracked wheat, bulgur, oatmeal, whole cornmeal, popcorn, brown rice, whole rye, and scotch barley.

### What are Complex Carbohydrates?

Chemically they are chains of many sugar molecules. Sugars such as table sugar (sucrose), honey, corn syrup and such, are simple carbohydrates. They contain only one or two sugar molecules.

During digestion, complex carbohydrates and sugars are broken down into single sugar molecules before being absorbed into the body and used for energy. The links between the sugar molecules in dietary fiber cannot be broken by human digestive enzymes. Thus, fiber passes down the intestinal tract and forms bulk for the stool.

### **Why Eat Foods With Complex Carbohydrates?**

- ✓ They provide energy
- ✓ They provide vitamins and minerals
- ✓ Most are low in fat
- ✓ Fiber helps the digestive system work properly
- ✓ They taste good

### **Foods High in Complex Carbohydrates**

- Whole grain breads, breakfast cereals and pasta
- Brown or wild rice
- Beans, lentils and peas
- Fruits
- Vegetables

Many people think that foods such as bread and potatoes are fattening. In fact, most of the calories come from the company they keep - calorie-rich additions such as butter or margarine, sour cream, gravies, jam or jellies.

Complex carbohydrates provide only 4 calories per gram, while fat provides 9 calories per gram. Eating more complex carbohydrates is a good way to fill up with fewer calories, if you watch those additions.