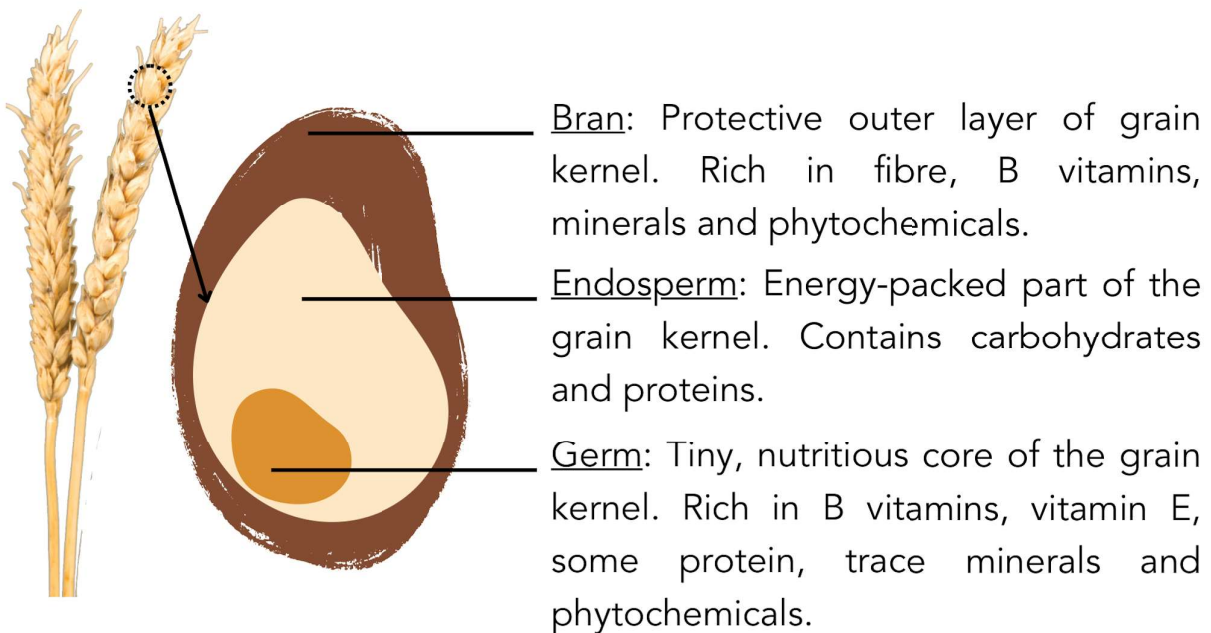


Wholegrains

What is a Wholegrain?

A “whole” grain contains all parts of the grain kernel: the outer bran layer, the endosperm, and the germ. When you eat wholegrains, you are consuming all these parts. Each part provides different types of nutrients:



Wholegrains are also rich in valuable nutrients such as vitamin E, magnesium and iron.



A diet rich in wholegrains benefits our health. It also lowers the risk of chronic diseases such as diabetes, heart disease and high blood pressure etc.



Is “Wholemeal” the same as “Wholegrain”?

- Wholemeal refers to wholegrains that have been milled to a finer texture, but still have their three layers (bran, endosperm and germ) intact
- Wholemeal foods are nutritionally comparable to wholegrains
- Example of wholemeal products: wholemeal bread, wholemeal spaghetti, instant oat meal etc.



Is “Whole Wheat” the same as “Wholegrain”?

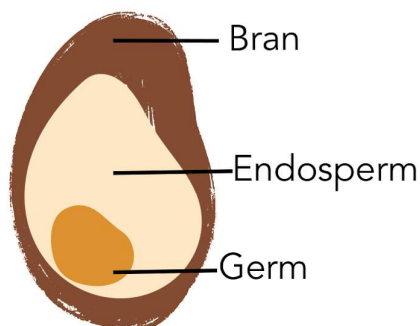
- Both wholegrain and whole wheat contain all three parts of the grain kernel
- However, whole wheat exclusively refers to wheat kernels, while wholegrain includes other grains such as barley, corn, rye etc.



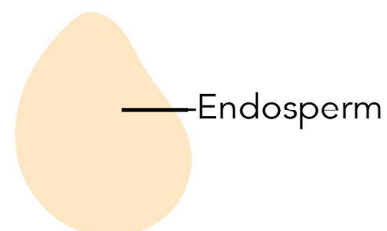
What is a “Refined Grain”?

Refined grains have all or part of their bran and germ removed. Thus, they have lost most of their fiber and up to 25% of the grain’s protein and many essential nutrients.

Wholegrain



Refined Grain



Is "Refined Grain" the same as "Enriched Grain"?

- Most refined grains are "enriched", which means certain vitamins (mostly thiamine, riboflavin, niacin, folic acid) and iron are replaced
- Enriched grains are refined grains that have been fortified with vitamins lost during the refining process. However, enriched grains often still lack fiber.

INGREDIENTS

Enriched High Protein Wheat Flour, Purified Water, Granulated Cane Sugar, Vegetable Shortening

Examples of Common Sources of Wholegrains in Singapore



Amaranth, Barley, Buckwheat, Millet



Quinoa, Rye, Sorghum



Corn, Oats, Rice, Wheat

*Examples:
corn on the cob,
whole cornmeal,
popcorn*

*Examples:
rolled oats,
instant oat,
steel cut oat*

*Examples:
brown rice,
purple rice,
black rice*

*Examples:
spelt,
durum*

How do you Identify Wholegrain Products?

1. Look for items with the “Higher in Wholegrains” Healthier Choice Symbol



Products with this symbol contain:

- Bread and breakfast cereals: At least 25% wholegrains
- Brown rice or oats: 100% wholegrains
- Vermicelli (beehoon): At least 80% wholegrains
- Savoury biscuits and crackers: At least 30% wholegrains



2. Check the Description on the Product Packaging

Items which display these terms are considered wholegrain products:

- Wholegrain
- Whole wheat
- Sprouted wholegrain wheat flour
- Wholemeal
- Brown rice
- Oats or oat meal (including instant oat meal)



Below are some other descriptive words that may be confused with wholegrains:

- Enriched flour, bran, wheat germ or high-fibre
- Soft meal, 7-grain, multigrain or enriched
- Wheat, wheat flour, durum wheat, organic flour, semolina or stoneground



Why are 7-grain or multigrain products not categorised as wholegrains?

7-grain or multigrain simply means it is made from many types of grains. They may or may not contain all parts of the grain kernel.

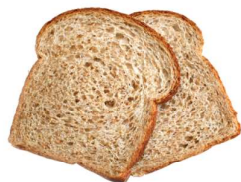
3. Check the Ingredient List



- Choose grain foods with wholegrains as the first few ingredients on the product's ingredient list
- Foods high in fibre are not necessarily wholegrains. The fibre content of some products may be increased by adding wheat or bran. However, for a product to be considered wholegrain, it must contain whole wheat or other wholegrains.
- A brown coloured grain product is not necessarily a wholegrain. The colour can be from molasses or caramel colouring.

Tips to Include Wholegrains into your Diet

- Opt for wholegrain/ wholemeal bread or crackers instead of white bread or plain crackers



- Choose cereals with wholegrains added



Millet



Wheat



Corn



Oats

- Start by adding brown rice or oats to white rice at a 1:1 ratio when cooking at home



Brown Rice

OR



Oats



White rice

- Go for alternatives such as red, black, purple or wild rice if you don't like brown rice



Red Rice



Black Rice



Purple Rice



Wild Rice

Refer below for directions to cook the different types of rice. You may adjust these according to your personal preference!

Rice Type	Soaking time (hours) (if you prefer softer rice)	Water ratio (cups)*	Cooking time (minutes)
Red Rice	0.5	1.5	35
Black Rice	1.0	2.0	20 - 30
Purple Rice	1.0	1.75	30
Brown Rice	0.5	2.0	35 - 40
Wild Rice	4.0 - 6.0	3.0	45 - 60

*Ratio of water to 1 cup of rice

- Cook with wholegrain noodles or pasta instead of refined varieties



- When baking, replace half of white or plain flour in the recipe with whole wheat or wholemeal flour



1 part of white flour



½ part of white flour



½ part of whole wheat flour

- Add barley to soup or stews



Contributed by Nutrition & Dietetics Service, Allied Health Services

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