



What About Wheat?

Foods made with wheat play a key role in healthy eating. From high fibre whole wheat flour, breads, pasta and products made with enriched all-purpose flour, all wheat foods have a place on your plate.



WHEAT IS A GREAT SOURCE OF FIBRE

Most people are not getting enough dietary fibre, and fibre matters. Foods made with whole wheat flour are a fantastic source of dietary fibre.

What can happen when you hit your fibre goals?
Research found that people who reach their optimal targets had:



17-31%

reduced risk of coronary heart failure¹



10-22%

reduced risk of type 2 diabetes¹



11-22%

reduced risk of colorectal cancer¹



reduced body weight, cholesterol and blood pressure¹

¹Reynolds et al., "Carbohydrate quality and human health: a series of systematic reviews and meta-analyses", The Lancet, 2019.

GUT HEALTH

Good gut health impacts your overall health, and adequate dietary fibre is critical for achieving optimal gut health.

- Probiotics are the beneficial bacteria found in your gut. You can also find probiotics in fermented foods like yogurt, kombucha and sauerkraut.
- To keep them healthy, feed your gut bacteria with 'prebiotic' high fibre foods, like whole wheat, beans or other whole grains.
- Wheat is particularly good for gut bacteria because it contains fermentable fibre.



Aim to include 10 g of dietary fibre with every meal.



4.6 g fibre for 2 slices



6.0 g fibre per 1 cup

WHEAT IS A PREBIOTIC

A recent study showed that adding as little as 6 g or 2 tablespoons of wheat bran per day promoted gut microbiota diversity.



Wheat bran



Whole grain or whole wheat bread



Sourdough bread

DIABETES

Diabetes is a growing problem. 32 million adults in South and Central America are living with diabetes and is estimated to rise to 40 million by 2030 and 49 million by 2045.¹ Eating a diet rich in whole grains, like wheat, can help.

Studies show that consuming 3 to 5 servings (48 to 80 g) of whole grains per day reduces the risk of developing type 2 diabetes by 26%.²

¹ 2021 data <https://diabetesatlas.org/>

² <http://www.ncbi.nlm.nih.gov/pubmed/22649266>

DID YOU KNOW?

Pasta made from wheat is a low glycemic index food

You may think pasta causes a “sugar spike” after eating since it is a carbohydrate-rich food. But in fact, the gluten in durum wheat pasta creates a compact structure which makes the pasta harder for our digestive system to break down. The longer and harder our body has to work to breakdown the carbohydrates into sugar, the longer it will take for these sugars to be released and absorbed into our bloodstream.



HEART HEALTH AND WHOLE GRAINS

Whole grains like whole wheat, support a healthy heart.

Eating a diet rich in whole grains and dietary fibre can:

- Decrease cholesterol absorption.
- Lower blood pressure, preventing our heart from working harder than it needs to pump blood around our bodies.
- Improve glucose and insulin responses in our blood which, if not managed properly, can increase your risk of heart disease.



HOW DO YOU CONSUME MORE WHOLE GRAINS?

Look for whole grain, whole wheat options when it comes to your staples: whole grain pasta, couscous, crackers or bread.

REDUCING THE RISK

Research found that people who consume three to five servings of whole grains per day have a lower risk of cardiovascular disease.

(<https://pubmed.ncbi.nlm.nih.gov/22649266/>)



NOT EATING WHEAT?

If you are not Celiac or have gluten sensitivity, you are missing out on the benefits. Research suggests that gluten-free diets can be lower in dietary fibre and micronutrients including vitamin D, vitamin B12, folic acid, calcium and magnesium due to the avoidance of several foods naturally rich in fibre like grains.

(<https://pubmed.ncbi.nlm.nih.gov/27211234/>)

CANADIAN WHEAT: DID YOU KNOW?



Canada's wheat is sought after around the world for its high protein, quality and versatility.



In Canada wheat is sustainably produced by farmers who use modern farming practices that promote soil health and productivity, reduce greenhouse gas emissions, and use less energy.



Wheat in Canada is produced by a team of experts – from research scientists and farmers to grain handlers and millers – who follow stringent protocols that ensure food quality and safety.



For more great resources visit
whataboutwheat.ca