



August 8, 2016

Have you ever heard the saying “the whiter the bread, the sooner you’re dead?” That old-fashioned sentiment seems to be spot on, as recent research has found that eating more whole grains (i.e. not the refined, white stuff) might help you live longer. The latest study, published in the journal *Circulation*, analyzed 14 previous trials and found that those who ate the most whole grains — 70 grams a day, or about 4 servings — were **significantly less likely to die** during the trials than people who hardly ate any.

While this research identified a link between eating plenty of whole grains and a lower risk of dying from any cause, it appears that they’re especially good at helping to reduce the risk of fatal cardiovascular disease (including heart attacks and stroke). That makes a lot of sense considering that they’re high in fiber, which **has been shown to lower LDL cholesterol** (the “bad” kind) and fight off insulin resistance— a condition that raises your risk for type 2 diabetes as well as heart trouble. That’s also why the

American Heart Association recommends that **at least half of the grains you eat each day are whole** ones; most people should aim for at least three servings of whole grains a day.

So what counts? Whole-wheat bread is just the beginning. Oatmeal, barley, brown rice, wild rice, and quinoa are whole grains, too. So is popcorn (hold the butter) and any grain that contains **all the key parts of the original kernel**: the bran, germ, and endosperm. (Refined grains have had the bran and germ removed.) Aside from fiber, these “intact” grains also offer more vitamins, antioxidants, and protein than refined ones. One cup of brown rice, for instance, has 3.5 grams of fiber (white rice has 1.2 grams), 5 grams of protein (versus 4.2 grams in white rice), and 21 percent of the daily value of magnesium (which rice provides a mere 1 percent).

Making the switch from refined bread, cereal, and pasta might seem daunting, but it doesn't have to be. There are lots of creative and delicious ways to enjoy whole grains. Check out our cooking guide, based on the **21 Day Fix** plan and **Beachbody's Portion Fix containers**, and get started today.

# A SIMPLE GUIDE TO COOKING WITH INTACT WHOLE GRAINS



Eating more intact whole grains, such as quinoa, oats, brown rice, millet, buckwheat, and barley, is easy with a little bit of planning and these reliable recipe formulas.



# WHOLE-GRAIN SALADS

## THE FORMULA

MAKES 1 SERVING



**1** Yellow of whole grains, cooked



**1** Green of leafy greens, raw or cooked

**1** Green of veggies, raw or cooked



**1** Red of protein, cooked



**1** Blue of healthy fats

**Optional addition:** 1 Blue of avocado or cheese


 **1 Orange of dressing**

Use the Fix dressings found in your guide (and on Beachbody On Demand) to mix & match whatever vinaigrette appeals to you.



## WHOLE-GRAIN SALAD SUGGESTIONS


### ASIAN SALAD

 **1 Yellow of brown rice**

 **1 Green of bok choy**

**1 Green of red peppers, snow peas & carrots**

 **1 Red of chicken breast**

 **1 Blue of peanuts (14 peanuts, whole, raw)**



## 1 Orange of Asian Citrus Vinaigrette

Find recipe on page 59 of your 21 Day Fix Eating Plan book or in the meal plan on Beachbody on Demand.

# SOUTHWEST SALAD



## 1 Yellow of quinoa



## 1 Green of kale

## 1 Green of green peppers, onions & jalapenos



## 1 Blue of mashed avocado



## 1 Orange of Creamy Herb Dressing

Find recipe on page 57 of your 21 Day Fix Eating Plan book or in the meal plan on Beachbody on Demand.

# MUSHROOM SALAD



## 1 Yellow of barley



**1** Green of sautéed rainbow chard

**1** Green of sautéed or roasted mixed mushrooms (shitakes, button, cremini) and sautéed garlic & shallots



**1** Red of sliced steak (substitute with eggs, tempeh or tofu for a Vegetarian option)



**1** Orange of Dijon Vinaigrette

Find recipe on page 59 of your 21 Day Fix Eating Plan book or in the meal plan on Beachbody on Demand.



**1** tsp. of oil to sauté the veggies

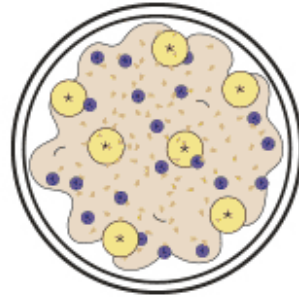


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A SIMPLE GUIDE TO COOKING WITH  
INTACT WHOLE GRAINS







## OAT BREAKFAST BOWLS

### THE FORMULA

MAKES 2 SERVINGS (1 Yellow per serving)



**1** Yellow of dry oats



**1** Cup of unsweetened coconut or almond milk



**1** tsp. of flavoring, such as pure vanilla extract or cinnamon, if desired

**1** tsp. of sweetener of your choice, such as honey, stevia, agave or maple syrup, if desired



Pinch of salt, if desired

## TOPPINGS

Containers per serving for individual toppings vary depending on your choices.



**1** Purple of fresh or frozen fruit



**1** Blue of nuts

OR



**1** Orange of seeds



**1** or 2 tsp. of nut butter of your choice,  
if desired

## THE PROCESS FOR OATS

**STEP 1** Add 1 cup milk of choice, flavorings, and sweetener as desired to a mason jar. Stir to combine ingredients.



**STEP 2** Add 1/2 cup rolled oats (dry) & stir, making sure oats are completely submerged in the liquid

**STEP 3** Cover securely & refrigerate overnight (at least 6 hours).

**STEP 4** Remove from refrigerator, open & serve with desired toppings.



## OAT BREAKFAST BOWL SUGGESTIONS

### TROPICAL BREAKFAST BOWL



**1** Yellow of cooked oats



**1** Purple of chopped mango or pineapple or dried mango or pineapple



**1/2** Orange of toasted coconut (1 Then 1



1/2 Orange of toasted coconut (1 Tbsp.)



1/2 Blue of nuts (1 Tbsp.)

## BERRY VANILLA BOWL



1 Yellow of cooked oats



1 Purple of frozen mixed berries or fresh sliced strawberries, blackberries & blueberries



1/2 Red of plain low fat or 2% fat Greek yogurt



1 tsp. of vanilla extract



1 tsp. of stevia (mixed with yogurt)


## COCO BANANA PEANUT BUTTER BOWL




1 Yellow of cooked oats



1 Purple of sliced bananas (1/2 medium banana)

 **1** tsp. of cocoa powder

 **2** tsp. of peanut butter

 **1/4** tsp. of dark chocolate shavings, if desired



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