

# best cereal for mediterranean diet

**best cereal for mediterranean diet** is an essential consideration for those looking to adopt or maintain this healthy and balanced eating pattern. The Mediterranean diet emphasizes whole grains, fresh fruits and vegetables, healthy fats, and lean proteins, making cereal choices a significant part of daily nutrition. Selecting the right cereal that aligns with the Mediterranean diet principles involves focusing on whole grains, minimal added sugars, and natural ingredients. This article explores the characteristics of the best cereal for Mediterranean diet adherence, highlights some of the top cereal options available, and offers tips on incorporating these cereals into a Mediterranean-style meal plan. Understanding these elements will help optimize the health benefits associated with this renowned dietary approach.

- Understanding the Mediterranean Diet and Its Principles
- Key Characteristics of the Best Cereal for Mediterranean Diet
- Top Whole Grain Cereals Suitable for the Mediterranean Diet
- How to Incorporate the Best Cereal for Mediterranean Diet into Your Meals
- Common Mistakes to Avoid When Choosing Cereal on the Mediterranean Diet

## Understanding the Mediterranean Diet and Its Principles

The Mediterranean diet is a nutritional model inspired by the traditional eating habits of countries bordering the Mediterranean Sea. It is widely recognized for its association with reduced risks of heart disease, improved weight management, and enhanced overall health. Central to this diet are foods rich in fiber, antioxidants, and healthy fats, including olive oil, nuts, fresh vegetables, fruits, legumes, whole grains, and moderate amounts of fish and poultry.

Grains, particularly whole grains, form a foundational component of the Mediterranean diet. They provide essential nutrients such as dietary fiber, B vitamins, and minerals that support digestion, energy metabolism, and cardiovascular health. Understanding the diet's emphasis on whole, minimally processed foods is crucial when selecting cereals to ensure they complement the Mediterranean dietary framework.

# Key Characteristics of the Best Cereal for Mediterranean Diet

Choosing the best cereal for Mediterranean diet compliance requires attention to several nutritional and ingredient-related factors. Cereals that fit well within this diet are typically whole grain-based, low in added sugars, and free from artificial additives. These attributes help maintain the diet's principles of promoting heart health, stable blood sugar levels, and overall nutrient density.

## Whole Grain Content

The best cereals for the Mediterranean diet are made predominantly from whole grains such as oats, barley, wheat, and rye. Whole grains retain the bran, germ, and endosperm, providing fiber, vitamins, and minerals often lost in refined grain products. Fiber supports digestive health and contributes to satiety, which is important for weight control and metabolic health.

## Low Sugar and Minimal Processing

Many commercial cereals contain high amounts of added sugars and artificial flavorings, which contradict the Mediterranean diet's emphasis on natural and minimally processed foods. Selecting cereals with little to no added sugar preserves the diet's focus on reducing inflammation and supporting cardiovascular health.

## Natural Ingredients and Nutrient Density

Ingredients such as nuts, seeds, dried fruits, and natural flavorings enhance the nutrient profile of cereals suitable for the Mediterranean diet. These additions provide healthy fats, antioxidants, and natural sweetness without resorting to refined sugars or synthetic additives, aligning with the dietary philosophy of wholesome, nutrient-rich foods.

## Top Whole Grain Cereals Suitable for the Mediterranean Diet

Several cereals naturally conform to the Mediterranean diet's requirements. These cereals emphasize whole grains, fiber, and natural ingredients while avoiding excessive sugar and artificial components. Incorporating these cereals can enrich the diet's diversity and nutritional quality.

1. **Steel-Cut Oats:** Steel-cut oats are minimally processed, retaining their

whole grain integrity and providing a high fiber content. They are ideal for Mediterranean diet followers due to their versatility and nutrient density.

2. **Whole Grain Muesli:** A blend of oats, nuts, seeds, and dried fruits, whole grain muesli contains no added sugars and delivers a balance of carbohydrates, healthy fats, and protein.
3. **Barley Flakes:** Barley is rich in soluble fiber and has a low glycemic index, making barley flakes an excellent cereal choice for sustained energy and heart health.
4. **Quinoa Flakes:** Although technically a seed, quinoa flakes offer a gluten-free whole grain alternative with a complete amino acid profile, supporting muscle maintenance and overall nutrition.
5. **Whole Wheat Flakes:** These flakes provide a crunchy texture and are high in dietary fiber and essential nutrients, complementing the Mediterranean diet's whole grain emphasis.

## How to Incorporate the Best Cereal for Mediterranean Diet into Your Meals

Integrating the best cereal for Mediterranean diet adherence into daily meals involves creative and nutritious preparation methods. Breakfast is the most common time for cereal consumption, but these cereals can also be used in snacks or dessert recipes aligned with Mediterranean nutrition principles.

### Simple Breakfast Preparations

Preparing hot cereals like steel-cut oats or barley flakes with water or unsweetened almond milk provides a warm, filling meal. Adding fresh fruits such as berries, sliced apples, or figs, along with a handful of nuts or seeds, enhances flavor, texture, and nutrient content.

### Muesli with Yogurt and Fresh Fruit

Whole grain muesli pairs well with plain Greek yogurt and fresh fruit, creating a balanced meal rich in protein, fiber, and healthy fats. This combination supports digestive health and sustained energy throughout the morning.

## **Incorporating Cereals into Mediterranean Snacks**

The best cereals for Mediterranean diet can also be used as toppings for salads, mixed into homemade granola bars, or added to smoothies for extra fiber and nutrients. Combining cereals with olive oil-based dressings or nut butters aligns with the diet's healthy fat recommendations.

## **Common Mistakes to Avoid When Choosing Cereal on the Mediterranean Diet**

Despite the availability of many cereal options, some common pitfalls can undermine adherence to the Mediterranean diet. Awareness of these mistakes helps maintain the diet's health benefits and nutritional integrity.

### **Choosing High-Sugar Cereals**

Many cereals marketed as healthy contain high levels of added sugars, which increase calorie content and promote inflammation. Avoiding cereals with added sugars or artificial sweeteners is essential to preserve the Mediterranean diet's focus on natural, minimally processed foods.

### **Overlooking Whole Grain Labels**

Some cereals labeled as "multigrain" or "wheat" may not contain whole grains. Reading ingredient lists carefully to ensure that whole grains are the primary ingredient is critical for selecting the best cereal for Mediterranean diet purposes.

### **Ignoring Portion Sizes**

Even the healthiest cereals can contribute to excessive calorie intake if portion sizes are not controlled. Measuring servings and balancing cereal intake with other Mediterranean diet foods helps maintain caloric balance and nutritional adequacy.

- Choose cereals with whole grains as the first ingredient
- Check for low or no added sugars
- Incorporate natural ingredients like nuts and dried fruits
- Avoid highly processed or artificially flavored cereals
- Control portion sizes to align with dietary needs

## Frequently Asked Questions

### **What is the best cereal to include in a Mediterranean diet?**

The best cereals for a Mediterranean diet are whole grain options such as oats, barley, and whole wheat flakes, as they are high in fiber and nutrients while being minimally processed.

### **Are sugary cereals suitable for a Mediterranean diet?**

Sugary cereals are generally not recommended in a Mediterranean diet because this diet emphasizes natural, whole foods with low added sugars to promote heart health and overall wellness.

### **Can granola be part of a Mediterranean diet breakfast?**

Yes, granola can be part of a Mediterranean diet if it is made with whole grains, nuts, seeds, and minimal added sugars. Homemade or low-sugar granola is preferred.

### **How important is fiber content in choosing a cereal for the Mediterranean diet?**

Fiber is very important in choosing cereals for the Mediterranean diet because it supports digestive health, helps control blood sugar, and contributes to satiety, making whole grain cereals an excellent choice.

### **Is it better to choose gluten-free cereals on a Mediterranean diet?**

Gluten-free cereals can be included in a Mediterranean diet if you have gluten intolerance or celiac disease, but whole grains like barley and wheat are typically embraced unless dietary restrictions apply.

## **Additional Resources**

### *1. The Mediterranean Cereal Guide: Nutritious Grains for a Healthy Life*

This book explores the best cereals that complement the Mediterranean diet, emphasizing whole grains like barley, oats, and farro. It provides nutritional insights and practical tips on incorporating these cereals into

daily meals. Readers will find recipes and meal plans that highlight the benefits of traditional Mediterranean grains for heart health and weight management.

## *2. Grains of the Mediterranean: A Culinary Journey*

Delve into the rich world of Mediterranean cereals with this culinary guide that celebrates ancient grains and their role in Mediterranean cuisine. The book includes historical context, health benefits, and diverse recipes featuring cereals such as bulgur, couscous, and wheat berries. Perfect for those looking to broaden their diet with wholesome, flavorful grains.

## *3. Healthy Breakfasts: Mediterranean Cereals and Beyond*

Focusing on breakfast, this book presents a variety of cereal-based recipes that align with the Mediterranean diet's principles. From hearty oatmeal bowls to light muesli blends, the recipes are designed to boost energy and promote digestive health. Nutritional advice helps readers choose the best cereals for sustained wellness.

## *4. The Complete Mediterranean Diet Cereal Cookbook*

A comprehensive cookbook dedicated to cereals suitable for the Mediterranean diet, featuring over 100 recipes. It covers everything from savory cereal-based dishes to sweet treats, all made with nutrient-rich grains. The author also discusses how these cereals contribute to the diet's anti-inflammatory and antioxidant properties.

## *5. Ancient Grains and the Mediterranean Way*

This book highlights ancient grains like spelt, amaranth, and millet, explaining their historical significance in Mediterranean cultures. It offers recipes and tips on cooking these grains while maintaining the diet's core values of balance and freshness. Readers learn how to incorporate these cereals for improved heart health and longevity.

## *6. Cereal Choices for the Mediterranean Diet: A Nutritionist's Guide*

Written by a nutritionist, this guide breaks down the best cereal options for those following the Mediterranean diet. It emphasizes whole, minimally processed grains and explains their impact on blood sugar, cholesterol, and overall health. The book also includes meal plans and grocery shopping tips to simplify healthy eating.

## *7. The Mediterranean Grain Revolution: Transform Your Diet with Cereals*

Explore how incorporating Mediterranean cereals can revolutionize your eating habits and enhance wellness. The book presents scientific research supporting grain consumption within the Mediterranean lifestyle and offers innovative recipes that blend tradition with modern tastes. It's ideal for health-conscious readers seeking sustainable diet changes.

## *8. From Wheat to Wellness: Cereals in the Mediterranean Diet*

This book traces the journey of wheat and other cereals from farm to table in Mediterranean regions. It discusses the role of cereals in promoting metabolic health and preventing chronic diseases. Rich with recipes and expert advice, it serves as a practical resource for adopting a cereal-rich

Mediterranean diet.

#### 9. *Simple Mediterranean Cereal Meals for Everyday Health*

Offering quick and easy cereal-based meals, this book is perfect for busy individuals wanting to adhere to the Mediterranean diet. Recipes focus on nutrient-dense cereals combined with fresh fruits, nuts, and olive oil to maximize flavor and health benefits. The approachable style makes healthy eating accessible to everyone.

## **Best Cereal For Mediterranean Diet**

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**best cereal for mediterranean diet: Rheology and Quality Research of Cereal-Based Food** Anabela Raymundo, María Dolores Torres, Isabel Sousa, 2021-06-21 New trends in the cereal industry deal with the persistent need to develop new food goods tailored to consumer requirements and, in the near future, to the scarcity of food resources. Concepts of sustainable food production and food products as health and wellness promoters, the use of organic ingredients such as new ancient cereals to produce redesigned old staple foods, or the use of byproducts in designed food or

feed formulations, in accordance with the bioeconomy and sustainability principles, are current topics that act as driving forces for innovation. The structure of cereal-based food products, especially in the case of gluten- or wheat-free foods, has proven to be a determinant for food appeal and strongly impacts consumer acceptance. It is well known that products with the same chemical composition can present very different structures, resulting in differently perceived texture and sensory properties and, therefore, rheology is an important tool for the food cereal industries. These are topics that act as driving forces for innovation and will be discussed in the present Special Issue.

**best cereal for mediterranean diet: The Complete Guide to Memory** Richard Restak, 2022-07-05 A comprehensive guide to understanding how memory works, how memory forms, the mind-body connection, and more! In the busy, information-filled world in which we live, it's often easy to forget things and hard to keep track of how details get stored in our brain. The Complete Guide to Memory serves to provide a one-stop resource that covers the essentials on memory. World-renowned memory expert, Dr. Richard Restak, addresses the following topics in detail: How memories form The different kinds of memory Changes in brain structure The mind-body connection The relationship between memory and emotional regulation And much more! With tips and tricks to manage memory well for people of all ages and personal examples of the techniques used, this book leaves no stone unturned.

**best cereal for mediterranean diet: Healthful Eating As Lifestyle (HEAL)** Shirin Anil, 2016-11-30 Non-communicable diseases (NCDs) are chronic diseases of long duration and generally slow progression, including cardiovascular diseases, cancers, chronic respiratory diseases, and diabetes. Morbidity and mortality due to non-communicable disease has risen tremendously over the years globally. Healthful Eating As Lifestyle (HEAL): Integrative Prevention for Non-Communicable Diseases highlights the importance of HEAL as an intervention for the prevention and cure of NCDs, as well as the prevention and treatment of its risk factors like hypertension, high cholesterol, obesity, smoking, increased alcohol intake, and insufficient physical activity. It provides motivational strategies for users of all ages, gender, and strata for healthful eating, both in developed and developing countries. The book is composed of evidence-based information and illustrations by 32 experts, including renowned researchers from academia, government, and non-governmental organizations in the field of NCDs and nutrition from 11 countries across five continents. Furthermore, the book discusses the dose-response relationship of healthful food with NCDs and its risk factor. It also includes nutritional home remedies for prevention and control of NCDs along with safety concerns and case studies at the end of all chapters for translating theory into practice.

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and maintaining lean body weight and waist size, and the cessation of smoking. It is estimated that 90% or more of those in westernized populations are on track for unhealthy aging and increased cardiometabolic disease risk, especially with the obesity pandemic associated with relatively poor diet quality and sedentary lifestyles. Healthy dietary patterns significantly lower risk of all-cause mortality and chronic disease incidence compared to Western dietary patterns. Since healthy whole and minimally processed plant foods vary widely in their nutrient and phytochemical compositions, their overall benefit in aging and disease may vary depending on the specific whole plant foods consumed.

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**best cereal for mediterranean diet: 4Gs Of Good Health** Ishi Khosla, 2022-12-19 Do you know that if you just eat the right foods, you can control your appetite and weight, remove cravings, control moods, manage sleep and much more? Each of us today wants to be healthy and lead a balanced life. The pandemic has also taught us how important it is to have strong immunity. Yet we struggle with what to eat and what not to. Noted dietician and nutritionist Ishi Khosla says that our gut is the control panel of our health. Our forefathers knew it. That is why it is said, 'Jaise ann vaisa mann' or you are what you eat. Ishi takes it a step further when she says, 'We are not only what we eat, but what we digest-and what we DON'T eat!' In this book, she distils decades of experience and knowledge and combines it with the wisdom of the past to provide an insight into the science of the 4 Gs-Gut, Girth, Gluten and Glucose-and their connection with each other, so we can modify our eating habits and lifestyle in a permanent manner. Remember, our bodies are forgiving and capable of healing. It's NEVER too late!

**best cereal for mediterranean diet: Sustainable Production Technology in Food** Jose M. Lorenzo, Paulo E.S. Munekata, Francisco J. Barba, 2021-08-06 Sustainability is an essential part of our modern food production system. Carrying out food research that considers environmental, social, and economic factors, is a major objective for food producers and researchers. Strategic development and use of technology can greatly assist in the progression toward a more sustainable food system. Sustainable Production Technology in Food explores important scientific and practical aspects related to sustainable technologies used in all aspects of the food system. This book is organized into 13 chapters, that cover the main concepts related to sustainability and technology. Coverage includes current technology in the industry, technological developments to improve sustainability of food production (biopreservation, pulsed electric fields, high pressure processing, ultrasound, cold plasma, and nanotechnology), regulatory aspects, and future perspectives. - Presents a comprehensive discussion around the technological advances of sustainable food production - Addresses the current relationship between food production and sustainability - Focuses on how technology can impact the sustainability of the food production system

**best cereal for mediterranean diet: Dietary Fiber in Health and Disease** Mark L. Dreher, 2017-11-16 This newest addition to the Nutrition and Health series is a comprehensive, yet portable, guide to the use of dietary fiber for the management of health and disease. Dietary Fiber in Health and Disease covers all sources of dietary fiber with a focus on preventing and managing chronic diseases. Each chapter contains a careful analysis with many figures and tables of the most recent

human dietary fiber studies and includes specific recommendations on the fiber types and intake levels required to prevent and manage chronic disease and improve health. Additionally, physicians, dietitians, nurses, nutritionists, pharmacists, food industry scientists, academic researchers and educators, naturopathic doctors, and other health professionals will be drawn to the practical, ready-to-use information and coverage of subjects such as fiber in gastrointestinal health and disease, fiber in cancer prevention, fiber in Type 2 Diabetes, and fiber in body weight and composition. Dietary Fiber in Health and Disease will be of interest to physicians and other healthcare professionals in many different specialties, including general practitioners, oncologists, endocrinologists, and other practitioners looking to implement dietary advice as part of the patient treatment plan.

**best cereal for mediterranean diet:** *Menopause Without Medicine* Linda Ojeda, 2003-08-26 This book is needed more than ever. The National Institute of Health interrupted their huge HRT (hormone replacement therapy) study in July 2002 after they found that Prempro, a combination of estrogen and progestin, had detrimental health effects which include an increased risk for breast cancer, heart disease, and stroke. This new edition examines the latest information about HRT and the safer alternatives. It completely validates the author's long-held bias against HRT and shows women, whether perimenopausal, menopausal, or postmenopausal, how they can maintain and improve their health and well-being without the use of synthetic hormones. The book offers complete information on menopausal symptoms and effects and ways to alleviate them. Updated sections cover heart disease (including hormonal effects, the role of cholesterol, diet, and supplements), osteoporosis, and breast cancer. The section on exercise and nutrition for health and weight is completely rewritten. The latest information on non-hormonal remedies to balance hormones is what is needed by every woman wanting to avoid HRT.

**best cereal for mediterranean diet:** *Olive Oil For Dummies* Amy Riolo, Simon Poole, 2024-09-30 Become an olive oil expert with this fun guide Everyone loves a good bottle of EVOO. That's Extra Virgin Olive Oil, in case you didn't know. Olive Oil For Dummies is full of things you might not know about how to taste, buy, store, and use this incredible—and increasingly popular—oil. Complete with recently discovered health benefits, fascinating history and lore, and mouthwatering recipes, this is the essential guide to understanding everything you need to know about “liquid gold”. You'll learn to tell real olive oil from counterfeit, and how to determine its quality and value as well as recognize the healthiest EVOOs with this trustworthy Dummies guide. Look no further for clear, concise, and accurate information on all things olive oil. Discover the history and extraordinary health benefits of olive oil Explore the power of anti-inflammatory and antioxidants we call polyphenols Learn to avoid fraudulent olive oil and, get the most for your money Test your oil to ensure quality and pair flavors with food Store olive oil properly and enhance its flavor and nutrients as you cook Try authentic, mouthwatering recipes rich in—you guessed it—delicious olive oil Olive Oil For Dummies is an excellent choice for foodies, olive oil lovers, travelers, home cooks, chefs, medical professionals, and anyone looking to learn the health benefits of olive oil.

**best cereal for mediterranean diet:** *Preventive Nutrition* Adrienne Bendich, Richard J. Deckelbaum, 2016-01-01 This newly expanded and updated fifth edition will be the largest and most comprehensive of the five editions and new topics and chapter authors have been added. The authors have created the most comprehensive and up-to-date review of the nutritional strategies available for the prevention of disease and the promotion of health through nutrition. Patients are looking for credible information from their health care providers about a whole range of subjects covered here, including  $\beta$ -carotene, lycopene, antioxidants, folate, and the myriad of bioactive phytochemicals found in garlic and other foods. With sections on cardiovascular disease, diabetes, and pregnancy among many others, this volume will be of great value to practicing health professionals, including physicians, nutritionists, dentists, pharmacists, dieticians, health educators, policy makers, health economists, regulatory agencies and research investigators. An entire section covers nutrition transitions around the world including Eastern Europe, Latin America and Asia as

well as goals for preventive nutrition in developing countries. Preventive Nutrition: The Comprehensive Guide for Health Professionals, 5th Ed. is an important resource for thousands of health professionals who have been utilizing the previous editions since 1997.

**best cereal for mediterranean diet:** *The New Public Health* Theodore H. Tulchinsky, Elena A. Varavikova, 2009 Linking classical public health and intervention with evolving healthcare strategies and policies for the 21st century, The New Public Health provides a broad perspective on current issues & the kinds of solutions & expectations needed in the future.

**best cereal for mediterranean diet:** *Cardiology for the Primary Care Physician* Joseph S. Alpert, 2005-03-16 This book provides complete coverage of the appropriate diagnostic and therapeutic approaches to patients with cardiovascular diseases - in one easy-to-use source. The primary care physician will find information on all types of cardiovascular illnesses. The many charts, tables and diagrams, as well as a special color plates section, bring the text to life. Key points are highlighted and there are extensive references and recommended reading lists.

**best cereal for mediterranean diet:** *Outsmart Diabetes 1-2-3* Editors Of Prevention Magazine, 2009-07-21 For the more than 21 million Americans who currently suffer from diabetes, there simply is no other reference that can match the breadth and depth of expertise found here. To prepare this book, the editors of Prevention interviewed dozens of endocrinologists, nutritionists, exercise physiologists, and other health professionals who specialize in diabetes care. Tapping into the wisdom and advice of this dream team of diabetes professionals, they have put together an integrated plan of attack to fight the disease on every front. Unlike the vast majority of books on diabetes that zero in on a single component, Outsmart Diabetes 1-2-3 recognizes that diabetes is a multidimensional disease and therefore any effective management plan must take all contributing factors into account. The latest research shows that with a combination of targeted treatment strategies and sensible lifestyle changes, it is possible to slow—if not stop—diabetes-related decline. Outsmart Diabetes 1-2-3 distills the latest, cutting-edge information on every aspect of diabetes management into a comprehensive three-step program, with each step targeting a key component of optimal diabetes control: - Step 1—Treat and prevent diabetes complications - Step 2—Change the lifestyle factors that can compromise blood sugar balance - Step 3—Build a self-care regimen to safeguard against the disease's long-term effects With Outsmart Diabetes 1-2-3, readers have the knowledge and tools they need to get ahead of diabetes—and stay there for good.

**best cereal for mediterranean diet:** *Current Advances for Development of Functional Foods Modulating Inflammation and Oxidative Stress* Blanca Hernandez-Ledesma, Cristina Martinez-Villaluenga, 2021-12-03 Current Advances for Development of Functional Foods Modulating Inflammation and Oxidative Stress presents the nutritional and technological aspects related to the development of functional foods with anti-inflammatory and antioxidant effects. Specifically, analytical approaches for the characterization of anti-inflammatory and antioxidant properties of healthy foods and functional constituents, as well as technological strategies for the extraction of compounds and fractions from raw materials to produce anti-inflammatory and antioxidant ingredients are addressed. In addition, the molecular mechanisms by which foods and their components can modulate inflammation and their oxidative stress effects on disease prevention are explored. Finally, clinical research addressing nutritional needs in pathological subjects with inflammatory diseases are considered. - Covers methods of analysis and extraction of anti-inflammatory and antioxidant compounds - Offers an overview of the main anti-inflammatory and antioxidant compounds in foods - Provides a guide on the mechanisms of action and health benefits of anti-inflammatory and antioxidant dietary bioactives

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**best cereal for mediterranean diet:** *Whole Grains and Health* Rikard Landberg, Nathalie Scheers, 2021-05-24 WHOLE GRAINS AND HEALTH The updated guide to whole grains and their

integral role in nutritional health In an increasingly health-conscious society, the potential benefits of whole grain products are of paramount importance to manufacturers, dieticians, and consumers alike. Whole Grains and Health covers all aspects of this crucial topic, presenting a data-driven study of whole grains' functional components, associated biomarkers and overall impact upon human health. Now in its second edition, the text has been revised and expanded to include six new chapters and groundbreaking new data. This essential guide features: Summaries of large research projects on the health effects of whole grain in Europe and the US New data on the associations between whole grain consumption and risk of developing chronic diseases Discussions of metabolomics and their use in addressing health effects and finding new biomarkers of both dietary exposure and health effects related to the diet Information on the use of genomics in studies of how gene-expression profiles change in response to whole grain intake Newly identified bioactive compounds in whole grains and whole grain fractions The new EU regulations on health claims that affect whole grain food products Providing information that will be of interest to food scientists, healthcare specialists and food industry professionals alike, the second edition of Whole Grains and Health is an essential resource for anyone concerned with the impact whole grains may have upon health.

**best cereal for mediterranean diet:** The 100 Best Ways to Stop Aging and Stay Young Julia Maranan, 2011-01-01 There is plenty of hype and hoax when it comes to anti-aging and longevity remedies. The 100 Best Ways to Stop Aging and Stay Young offers safe, credible, effective strategies backed up by scientific research. 100 simple, action-oriented nutritional, exercise, and lifestyle tips that address all aspects of aging from wrinkles, fatigue, and slowing metabolism to strategies for keeping brain, bones, and heart healthy and strong. Most methods take 10 minutes or less Examples include: 1) Vitamin C fights wrinkles by feeding skin's supporting structure: collagen and elastin 2) 30 minutes of aerobic exercise a day boosts memory and fights dementia and Alzheimer's 3) Meditation boosts immunity and may head off illness Unlike other books that have a complicated plan that readers must adopt 100%, this guide gives readers a buffet of nutritional, exercise, and lifestyle options they pick and choose from and integrate into their lives.

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