

The Skinny On Whole Grain

Making whole grains a part of your diet is getting easier, but why bother? One reason: A Harvard study showed that women who ate more whole grains consistently weighed less than those who ate fewer.

"It's easy to get the recommended three servings a day. One bowl of oatmeal is 2.5 servings, and many of our favorite foods are now available in whole grain versions," says Cynthia Harriman, director of food and nutrition strategies for the whole grains council (wholegrainscouncil.org). "It's great for weight loss. Comparing whole-wheat flour to white flour, white has 7% more calories."

While shopping look for the Whole Grain stamp or the words "good source" or "excellent source" on packaging.