



Changing all at once may be difficult; however, **gradually replacing refined grains** or **combining** them **with whole grains** may change your taste buds into loving wholegrain products.

**Whole grains** are good for everyone. They're **naturally high in fibre and nutrients, and low in fat.** Let's start with half per meal.

**Be a smart consumer** by knowing how to buy your wholegrain products with this checklist.

### Whole Grains Grocery Checklist

- ☐ I choose to buy wholegrain products instead of refined grain products
- ☐ I read the ingredient list and choose products with whole grain listed as the first ingredient
- ☐ I prefer products with higher percentage of whole grain declared on its label



This leaflet is part of the Nutrition Month Malaysia (NMM) 2018 "Your Only Choice: Eat Healthy & Be Active" Infographic Kit: Volume 3.

The Infographic Kit includes 11 key messages:

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 1 Basics of Healthy Diet              | 6 Start Your Day Strong with Milk |
| 2 Stay Active Everyday                | 7 Fibre for Health                |
| 3 Eat Fruits and Veggies for Health   | 8 Go Whole Grains                 |
| 4 Be Informed, Make Wise Food Choices | 9 Keep Your Heart Healthy         |
| 5 Make Time for Breakfast             | 10 Healthy Digestive System       |
|                                       | 11 Good Bacteria Balance          |

Visit [www.nutritionmonthmalaysia.org.my](http://www.nutritionmonthmalaysia.org.my) to obtain the full set of leaflets and other educational materials from NMM programme.

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- ✓ Better Taste and Better Texture
- ✓ Easier to Digest

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# LESS IS MORE



## HEALTHY BITES

Steam brown rice takes lesser time to cook and tastes better than ordinary brown rice. The steaming process unlocks the water-soluble nutrients such as B vitamins and minerals presents in the rice bran. This process increases the availability of vitamins and form resistant starch, which acts as a prebiotic. This stimulates the good bacteria in the intestines and maintain gut health. The starch in the grains is more gelatinised, makes it easier to digest.

# Go Whole Grains

*Start with half per meal*

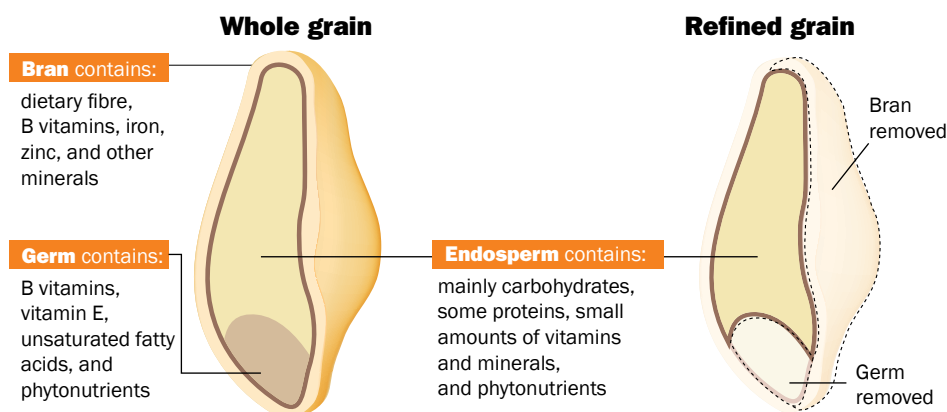




# Whole grain VS Refined grain

Know the differences!

## Structure & Nutrient Content



Good

Fibre Source

Poor

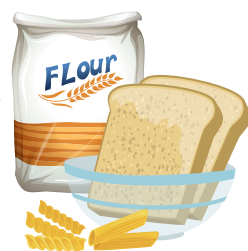
## Examples of food sources

### Whole grains:

- brown rice
- oats
- whole wheat
- corn
- hulled barley

### Wholegrain products:

- wholegrain bread
- wholemeal rice noodle or pasta
- wholegrain cereals
- whole wheat flour



### Refined grains & products:

- white rice/bread/buns
- white flour
- de-germed cornmeal
- refined wheat pasta
- mee-hoon/noodles
- cornflakes

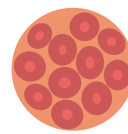


## Whole grains for better health

Eating more whole grains helps to promote good gut health and reduce risk of...



heart diseases



cancers



stroke



diabetes



## Tips to help you eat more whole grains

Mix brown rice with white rice in your meal



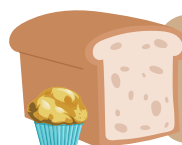
Use whole grains in your cooking (e.g. add barley in vegetable soups)



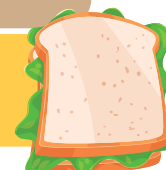
Try whole wheat pasta instead of refined wheat spaghetti or macaroni



Bake whole wheat muffin, bread, or buns, or incorporate whole grains in your pancake or waffle mix



Make sandwiches from wholegrain bread or bun



## Lemongrass Claypot Brown Rice

Serves 3

### Ingredients

- 1½ cups brown rice
- 4-5 dried chinese mushrooms, soaked & sliced
- 1½ spring onion, sliced thinly, crosswise
- ½ tbsp ginger, grated
- 1 tsp garlic, grated (about 2 cloves)
- 2 fresh lemongrass, cut into 2" long, skinny strips (use only the soft inner layers)

- 300g chicken, in bite-size pieces
- 2 tbsp oyster sauce
- 1 tbsp soya sauce
- ½ tsp sesame oil
- 150g prawn, shelled and deveined
- 250 ml (1 cup) chicken broth
- 310 ml (1¼ cups) water
- 1 tbsp soy sauce, extra

Marinate together for at least 20 minutes

Note:  
You can also cook this using an electric rice cooker for convenience.

### Method

1. Rinse rice with water a few times. Pour rinsed rice into a claypot.
2. Add mushrooms, spring onion, ginger, garlic, lemongrass, marinated chicken and prawn.
3. Pour chicken broth, water and soy sauce in. Gently mix everything and start to cook until all liquid is absorbed.
4. Serve rice warm with fresh coriander leaves.

### Nutrient Content Per Serving

Calorie **133 kcal**  
Carbohydrate **24.2 g**  
Protein **3.7 g**  
Fat **2.4 g**

Recipe to boost your whole grains intake