

Whole grains, fruits and vegetables: Do they help in weight management

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Abstract

Whole grains, which are less-processed forms such as whole wheat, brown rice and oats digested more slowly than refined grains. It is speculated that they have a greater effect on maintaining proper balance in blood sugar and insulin levels, which may help keep hunger level low and creates satiety. This is also true for most vegetables and fruits, which contain high fiber. These low glycemic index foods have tremendous benefits for disease prevention, as well as there is also evidence that they can help prevent weight gain. The evidence for weight control is much stronger for whole grains than it is for fruits and vegetables. Using more fruits and vegetables, along with whole grains, lean meats, nuts, and beans, is a safe and healthy way to lose or maintain weight. In addition, diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health. The most recent Harvard School of Public Health diet and lifestyle change study supports that people who increased their intake of whole grains, whole fruits (not fruit juice) and vegetables over the period of 20 years gained less weight. This doesn't necessarily mean that you have to eat less food. You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories. Most fruits and vegetables are naturally low in fat and calories and are filling. This study supports the fact that when people increase their intake of these foods, they cut back on calories from other foods. Fiber is one of the components that may be responsible for offering weight control benefits of these foods, since fiber slows digestion and helps in controlling hunger. On the other hand, fruits and vegetables are high in water, which may help people feel fuller on fewer calories.

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