

# WEEK 8:

## *Increase Your Consumption of Whole Grains*



**Chef Habit:** *Increase Your Consumption of Whole Grains*

You want to become the person who eats more whole grains. This week I will present to you a simple **whole grain recipe** that will inspire you to eat more whole grain foods.

**WHY:** Cutting back on refined grains and starting a whole grain diet can improve your health in many ways:

**Helps you feel satisfied longer**

Whole grain makes you feel satiated earlier. The fiber and protein of whole grains fill the stomach sooner. Additionally, whole grains are digested slower and the blood sugar increases more moderately and stays stable longer. Another important health benefit of whole grains is that they prevent constipation, or hard bowel movements.

**Reducing stomach fat**

What might be interesting for all weight loss aspirants is that recent studies have shown that whole grains make a considerable contribution to reducing stomach fat.

**Whole grains as diabetes prevention**

A diet that integrates many whole grain recipes might not only help you with weight loss, but can also lower the risk of developing diabetes and heart or circulatory problems.

**HOW:** Like in last week's "shine your kitchen sink" Chef Habit, I recommend you start again with a tiny behavior that you want to automate. I suggest my simple whole grain recipe: stir 3-4 tablespoons of rolled oats in your homemade muesli for quick crunch with no cooking necessary.

**Step 1:** Use your breakfast as a trigger.

**Step 2:** Develop the routine of eating healthy, homemade muesli for breakfast as often as possible. The following muesli recipe is one that I eat almost every morning. It is made quickly, has a yummy taste – all while being healthy and nutritious.

**My whole grain recipe:**

Core and cut one unpeeled apple into 1/2-inch pieces. Add some almonds or hazelnuts, low fat yogurt and/or low fat milk and 3-4 tablespoons of oatmeal. If this is not sweet enough for you, chop up one date and add it.

**Step 3:** Your reward is an enhanced mood and knowing that you made yourself a super healthy breakfast that will provide satiation till lunch. Eating a healthy breakfast helps regulate blood sugar levels, which contributes to an overall good mood. Keeping your body nutritionally satisfied makes for a bright, optimistic mood!

If that alone does not work as a reward, maybe self-talk as instant gratification does. You could just say, "Great start," to yourself.

Of course, if you want to reward yourself after one week of sticking to this change – purchasing a nice muesli bowl could do the trick too... while reminding you at the same time to stick to this habit, providing a tool for accountability.

**Recipe tips from my valued readers:**

**Severine** eats a 1/4 cup of old fashion oats with coconut milk, cinnamon and banana as her second breakfast.

**Valerie** uses 1/4 cup steel cut oats, 1T ground flax seed, 1T sliced almonds, 1/2 banana and 1/4-1/2 cup blueberries, and lots of cinnamon! Soooooo good!

For **Carla's** easy oatmeal recipe, she chops up an apple into bite size pieces, puts it into a sandwich bag with cinnamon and honey, microwaves the "baked apples" for two minutes while she gets her oatmeal ready. She combines all of this together for a huge serving of yumminess! Very filling!