

The Whole Grain Connection Newsletter #25 January 2019

WHO study provides proof for whole grain fiber benefits

There's no longer a glimmer of doubt about the benefits of the bran and germ of whole grains. It's been 50 years since the connection was made between Western chronic diseases and flour refinement. Now a World Health Organization directed study of all the relevant research work done on this since then, has brought forth irrefutable evidence for the protection that is available simply by eating all grain foods whole. The protection is provided essentially by the cereal fiber found in the bran and germ and presumably all the other components associated with the bran and germ. There is no place in the diet for refined grains that lack bran and germ, since we are then depriving ourselves of the very much needed fiber and all those other associated necessary nutrients. There is by now, irrevocably proven protection against type 2 diabetes, cardiovascular disease and colon cancer if we eat plenty of grain fiber. Here's a link to this breaking story:

<https://www.theguardian.com/lifeandstyle/2019/jan/10/high-fibre-diets-cut-heart-disease-risk-landmark-study-finds>

A California Surgeon General by February 1, 2019

As part of his plan to reduce healthcare costs Governor Gavin Newsom plans to appoint a Surgeon General for California, before February 1, 2019. As I see it, one of the most important contributions to cutting the cost of healthcare in the state would be to produce and so make available 100% whole wheat products from organic and transitioning organic farm sources in California. The basis for doing this is perfectly presented in the recent WHO report mentioned above. Surely some of the funds being made available to reduce the cost of healthcare could be funneled towards localized post-harvest grain infrastructure and installations of 100% whole wheat milling systems of every size, all over the State. Will California local organic whole wheat at last be given support?

Here's to simply eating good food

Low-fat, low-carb and modern paleo diets defy the commonsense of primitive people who have no access to foods containing refined sugars or refined starches. These primitive people remain free from Western chronic disease, and the difference between us and them is that these primitive people consume large amounts of dietary fiber including the fiber from cereal grain foods eaten whole.

More evidence for the folly of [low-fat and low-carb diets](#) came from Christopher Gardner and colleagues at Stanford. On either diet refined carbohydrates were discouraged, calories were not counted, and participants were directed to eat whole plant foods as their source of carbohydrates. The result was that weight loss did occur but was essentially the same on both low-fat and low-carb diets. In other words the key

to maintaining healthy weight is in eating whole plant foods, especially grains in the whole form.

<https://www.ncbi.nlm.nih.gov/pubmed/29466592>

Pontzer et al., give us a description of the large amounts of [dietary fiber consumed by the hunter-gatherer Hadza tribe in Africa](#), and lets us know that on a true Paleolithic diet we could be eating 120 - 150 grams dietary fiber per day instead of a meager 20 grams or less. Practically all of that fiber in the wild, necessarily comes from whole plant foods, especially wild cereal grains and starchy roots. To really prevent modern diseases, we likely should be eating something like 40 grams dietary fiber per day, which is only achievable by eating all grain foods whole and including a serving or two of legumes each day, as well as a goodly selection of vegetables and fruit.

<https://onlinelibrary.wiley.com/doi/full/10.1111/obr.12785>

If you are looking for a book with info on dietary fiber and its associated nutrients, including tables to easily estimate your daily fiber intake, here is the book I wrote with my husband Gene Spiller with you in mind; it's available through booksellers and on Amazon: ["What's with Fiber"](#) by Gene and Monica Spiller.

All this encourages the question as to which foods are truly products of our industrialized society, and which would not be part of a primitive diet: Refined sugar, refined flours, polished and pearled grains, chemically preserved meats, fried foods, and hydrogenated fats are the ones that come to mind. Are there others? At least hydrogenated fats are by now taboo. Here I am seriously hoping that the days of refined sugar and refined grains are finally over. Imagine a world without the tragedy of colon cancer, diabetes and cardiovascular disease in the young! Other problems would also likely become very rare such as obesity, constipation, diverticular disease, irritable bowel syndrome, ulcers in the GI tract and high blood pressure. We'd have the chance to lead healthier and therefore happier and more productive lives. When we have a surgeon General in California, we'll have lots to ask them to do on the basis of WHO findings and recommendations: Please help us to produce and sell truly healthful food products in California.

Stone milling with composite and granite stones - A Correction

My experience with stone milling has been that granite stone mills can be well maintained and successfully re-dressed by their owners, such that pleasing fine 100% whole wheat flour can be produced from clean dry wheat consistently over a long period. However, in earlier conversation with millers who had purchased mills with composite stones, they all seemed to complain that with time the flour was no longer milling fine enough. My interpretation of these complaints could have been that these millers did not realize that their mills needed mechanical maintenance even though the stones were supposed to be everlastingly effective. This latter interpretation seems to be

relevant, because I've now heard from other millers who own composite stone mills that they love their mills and are happy with the flour produced, and these millers did take time to maintain their mill mechanism. Indeed, the key for the successful use of all mechanical equipment is in the maintenance.

Actually, this is a relief, I do not at all mind the correction. This means that there is a line of composite stone mills that can compete with granite stone mills. We need the genius of engineers to make stone mills suited to our modern environment: Stone mills that can be easily operated and maintained whether they are in a home kitchen, small bakery, huge bakery or huge milling system. Bravo! to all those who make truly effective milling systems for efficiently producing fine, cool, 100% whole grain flours in a single pass. Thank you all.

Raisins take on a new life as raisin paste

To make raisin paste: Intermittently toss raisins with 10% of their weight of water and allow to stand for a short time, covered, so that they are softened. Grind the mix to a fine paste in a food processor. Store the paste in a jar, or bucket on a larger scale, with a well closing lid. Store at cool room temperatures. Use in place of any other sweetener, on cereals and desserts and in baked goods. Notice the extraordinary transformation of flavor to accompany the sweetness; you'll find some wonderful new flavor notes to complement the sweetness.