

The 14-Day Whole Grain Challenge

We challenge you to remove all refined grain foods and added sugars from your diet, and instead eat 100% whole grain foods, and fruit when sweetness is desired.

Most Americans are living on a very low fiber diet (less than 25 grams /day), and they are unaware of what they are missing in general wellbeing and energy levels if instead they were eating a high fiber diet (25 - 40 grams /day).

However, the effects of switching from a low fiber diet to a high fiber diet are often dramatically gassy and painful. This is because the increase in fiber causes significant changes in the intestinal bacteria as the healthier kinds take over. So the challenge is to stick with the change for a full 14 days, by which time the intestinal microflora or microbiome will have settled down to the new high fiber rhythm.

If you break from the challenge you may find that you are starting over and will need another 14 days! In fact some people may find it easier if they gradually introduce more high fiber foods (100% whole grain foods) into their diets. If it seems very difficult then you can make it a 21-day challenge with a 7-day gradual increase in fiber before switching to 14 days of eating only high fiber (whole) versions of all your plant foods, especially whole grains.

At the end of the 14 days you can opt to continue on your newly discovered healthful path or abandon the effort. Although if you choose to return to your old diet it will take 14 days to reverse the high fiber effect.

So what is a high fiber diet? A high fiber diet is based on 100% whole grain foods, and includes a serving of legumes each day, both of which will give you the greatest boost in fiber, and includes plenty of leafy greens, fruits and vegetables. With such a diet there is no space for any kind of refined carbohydrate. Refined sugar and grain starches supply practically zero fiber. Eat fresh and dried fruit whenever sweetness is desired; these are fiber foods with mixtures of digestible and non-digestible fiber carbohydrates, that help to maintain a healthy microbiome.

Finding 100% whole grain foods without added sugars, will be another part of the challenge, since such foods are rare in the marketplace. Some sleuthing may be required to find your new favorite baker. Perhaps you will learn to make your own 100% whole wheat sourdough leavened bread and pasta, as part of your 14 day challenge. Imagine the lifetime of benefit from real wellbeing and also being able to make whole grain breads and pasta for yourself, your family and your friends.

You will notice that there is no need for any kind of counting, unless of course you like to keep exact track of how much fiber you are eating. All that is needed is to make sure that all your plant foods are whole plant foods, and that you eat a selection of them at every meal, and whenever you snack.

This is all about looking again at the plant foods in your diet, especially the grains, while keeping the rest of your foods such as fish, meat, eggs and milk as they were; although you may need less of these animal foods if you also add that serving of legumes each day.

Take the 14-Day Whole Grain Challenge and then pass the word on to your family and friends!