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OPT FOR WHOLE GRAINS TO BENEFIT YOUR HEART.

As few as three servings a day of whole grains may reduce your risk of heart disease, says a new Harvard study. For 10 years, researchers followed the eating habits of 75,000 middle-aged women with no previous heart disease. Those who ate the most whole grains (almost three servings a day)- including whole-grain breads and cereals, popcorn, oatmeal, wheat germ, brown rice, kasha and bulgur-were one-third less likely to suffer a heart attack than those who ate virtually none. Moreover, each additional daily serving of whole grains cut heart disease risk by roughly another 10%. Although whole grains are rich in fiber, folate and vitamin E, which all have been shown to lower heart disease risk, these nutrients could not account for all the benefit seen. That suggests a cardioprotective role for the many other phytochemicals and antioxidants in whole grains, such as selenium, lignans, phytoestrogens and phytic acid.

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