



Whole-Grain Garlic Bread Sticks

Are you getting enough whole grains in your diet? You need 3 to 5 servings a day. But most adults eat less than one serving a day. Whole grains are good for your heart and your health. Try this tasty recipe for whole-grain garlic bread sticks.⁵

Ingredients:

- 6 slices of whole-grain bread
- 2 T olive oil
- 1/2 tsp garlic powder
- Italian seasoning (as needed)

Directions:

1. Preheat oven to 300 degrees.
2. Spread 1 tsp of oil on each slice of bread.
3. Sprinkle with garlic powder and Italian seasoning.
4. Stack bread and cut each slice into three equal parts.
5. Arrange bread sticks on baking sheet and place in oven.
6. Bake about 25 minutes or until crisp and lightly browned

Serves 6. 130 calories per serving.

The Goldilocks Strategy to Prevent Type 2 Diabetes

Whole-grain foods high in fiber help control blood sugar

The storybook character Goldilocks gets a bad rap for breaking chairs and taking a nap where she doesn't belong. But when it comes to eating porridge, maybe she sampled all three bowls because she knew it was healthy.

Chances are pretty good. The Three Bears we're planning to eat whole-grain porridge or steel-cut oats when they came back from their walk. And that's just right, if you want to prevent type 2 diabetes.

In a recent study, researchers looked at the eating habits of 55,000 people over 15 years.³ They found that people who ate at least 50g of whole grains per day



(that's a bowl of oatmeal and slice of whole-grain bread) cut their risk for diabetes by up to 34 percent.

It's an important finding when an estimated 34 million adults in the U.S. have type 2 diabetes. Another 88 million have prediabetes.

Eat whole-grain foods to cut diabetes risk

If you're looking for a way to improve your diet and reduce your risk for type 2 diabetes, eat more whole-grain foods like:

- Steel-cut oats
- Shredded-wheat and other whole-grain cereals
- Whole-grain breads and pasta
- Brown rice
- Quinoa

Whole grains are a rich source of fiber that help improve digestion, and prevent diabetes and heart disease. Eat enough, and you may even have the energy to escape a family of hungry bears. @

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10 tips to eat whole grains
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Reduce Lower Back Pain (continued from page 1)

4. **If you smoke, quit.** Smoking reduces blood flow to the lower spine and causes the spinal discs to degenerate.
5. **Try yoga or stretching.** This can help strengthen your back muscles and improve your posture.

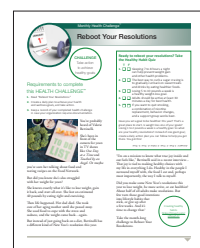
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6. **When you are sitting,** keep your feet flat on the floor, or use a footstool. And place a rolled towel or small cushion behind you, if your chair doesn't offer enough lower back support. @

References

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Take the March Health Challenge!

Eat Leafy Greens: Add more leafy greens to your diet

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

What should I eat to keep my heart healthy?

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