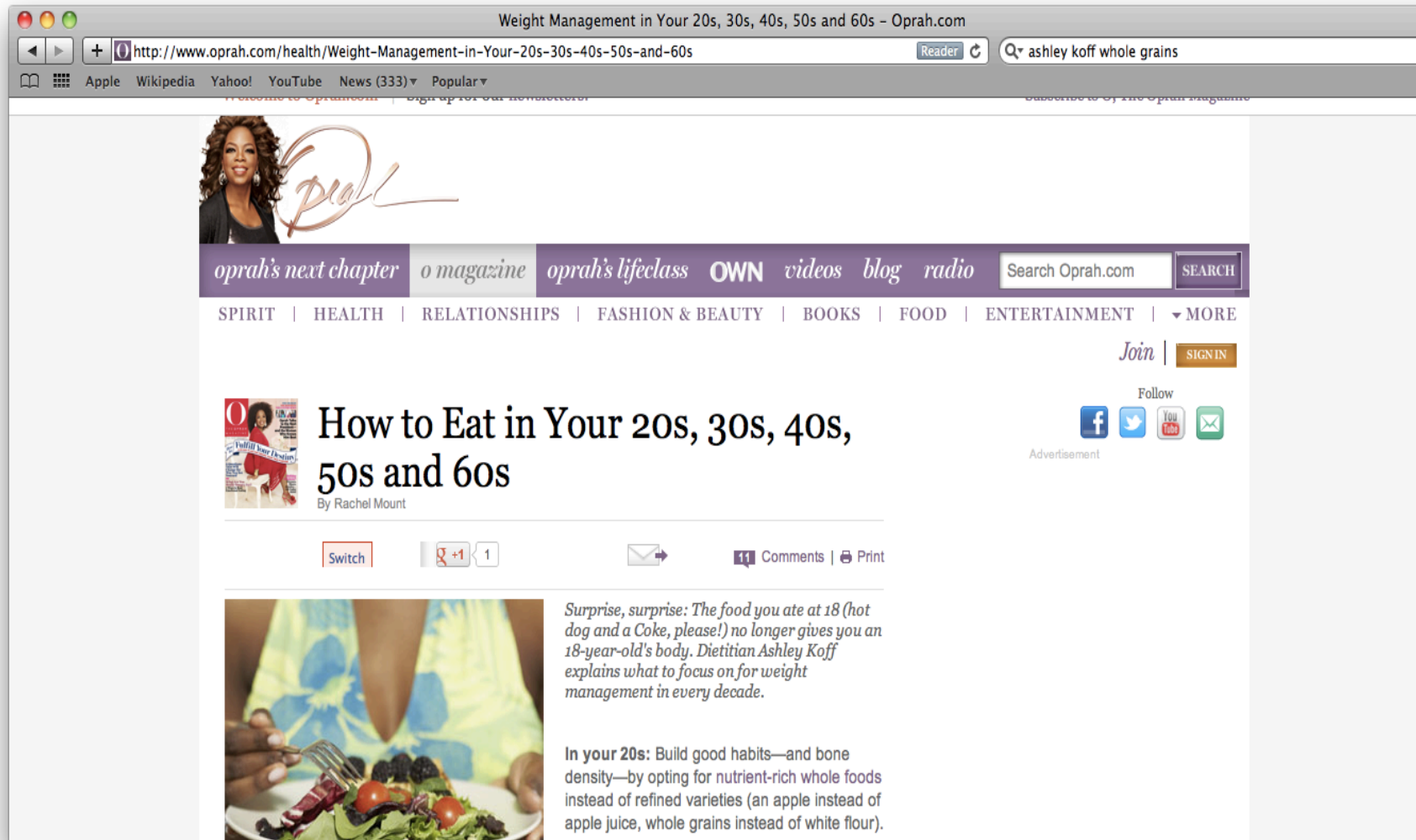


Whole Grains

Ashley Koff RD

Whole Grains – Ashley Koff RD



Weight Management in Your 20s, 30s, 40s, 50s and 60s - Oprah.com

http://www.oprah.com/health/Weight-Management-in-Your-20s-30s-40s-50s-and-60s

oprah's next chapter o magazine oprah's lifeclass OWN videos blog radio

Search Oprah.com SEARCH

SPIRIT | HEALTH | RELATIONSHIPS | FASHION & BEAUTY | BOOKS | FOOD | ENTERTAINMENT | MORE

Join | SIGN IN

Follow
f t YouTube


Advertisement

How to Eat in Your 20s, 30s, 40s, 50s and 60s

By Rachel Mount

Switch +1 1

Comments | Print



Surprise, surprise: The food you ate at 18 (hot dog and a Coke, please!) no longer gives you an 18-year-old's body. Dietitian Ashley Koff explains what to focus on for weight management in every decade.

In your 20s: Build good habits—and bone density—by opting for nutrient-rich whole foods instead of refined varieties (an apple instead of apple juice, whole grains instead of white flour).

Whole Grains – Ashley Koff RD

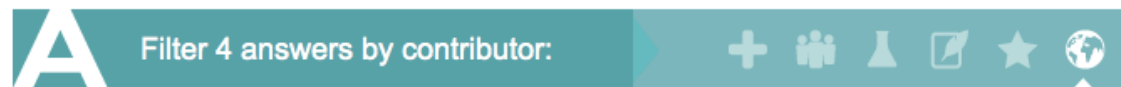


Sponsor Message



Do I need to take a calcium supplement? Calcium needs vary depending upon age and gender. Adult requirements range from 1000-1300 mg/day. Needs are highest post menopause and as we age. Our Super Calcium+ contains readily absorbed calcium carbonate with the necessary cofactors of vitamin D and magnesium to provide the greatest benefit.

Keep your bones strong and healthy »



Dr. Mehmet Oz answered:

[+ EXPAND](#)



Instead of white pastas, breads, and flour, switch to whole grains. Packed with fiber, whole grains keep you full longer and stabilize blood sugar, and are loaded with vitamins, minerals, and antioxidants. Plus, a diet rich in whole grains... [More](#)



Ashley Koff answered:

[+ EXPAND](#)



Whole grains are amazing for us – they contain nutrients as mother nature intended. From big minerals (like magnesium) to micronutrients (like chromium) to the skins (fiber), whole grains pack a nutritious punch that our body needs to... [More](#)

Whole Grains – Ashley Koff RD

Whole Grains with Ashley Koff



Ashley Koff_{RD}
Revolutionizing The Way America Eats



Nature's Path, a company we've worked with before that creates delicious organic cereals, offered Focus Organic a personalized video segment with Los Angeles-based nutritionist **Ashley Koff** one month ago. Ashley Koff is a registered dietitian (R.D.) who strives to make better nutrition a way of life for all. She has been named by Citysearch as LA's "Best Nutritionist" three years running.

She filmed a response to a question we sent in, thanks to a reader.

The Question

"I know that white bread and other processed grains can be bad for you and can promote cancer, but do whole grains really differ that much? I eat a lot of whole grain products (way more than an average person) and I kind of wonder how much is too much."

The Answer

