Whole Grains

Ashley Koff RD
Whole Grains – Ashley Koff RD
Why should I eat more of whole grains?

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 »

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Dr. Mehmet Oz answered:

Instead of white pastes, 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:

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

*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**