

STUDY ON NUTRITIONAL VALUE OF WHEAT

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ABSTRACT

Wheat is the most popular and easily available bulk laxative. Three cups of wheat consumption per day is enough for an individual to live a long, healthy and disease-free life. When you maintain a fiber-rich diet comprised of wheat breads and cereals that are high in bran, you can be confident that problems such as pain, flatulence, nausea, constipation, and distension will be alleviated in no time. Diverticulitis often occurs due to inflammation and lower intestinal pains. This can also lead to chronic constipation and unnecessary straining, which can result in a sac or a pouch in the wall of the colon. Such cases can be easily dealt with naturally by keeping up with a fiber-rich diet and including whole grain wheat on a regular basis.

Key words: *laxative, comprised, inflammation, straining, Diverticulitis.*

INTRODUCTION

Wheat is rich in catalytic elements, mineral salts, calcium, magnesium, potassium, sulfur, chlorine, arsenic, silicon, manganese, zinc, iodide, copper, vitamin B, and vitamin E. This wealth of nutrients is why wheat is often used as a cultural base or foundation of nourishment. Issues like anemia, mineral deficiencies, gallstones, breast cancer, chronic inflammation, obesity, asthenia, tuberculosis, pregnancy problems and breastfeeding problems are quickly improved by consuming whole wheat. Wheat is also recommended to treat sterility. Since germinated wheat comprises 2 or 3 times more vitamin B than common wheat; the seeds are used for useful for treating gastrointestinal conditions, skin diseases, respiratory illnesses, and cardiovascular ailments. Wheat is also known to help balance cholesterol levels and protect the heart.

REVIEW OF LITERATURE

Wheat Controls Obesity (especially in women): Wheat has a natural ability to control weight in everyone, but this ability is more pronounced among women. The American Journal of Clinical Nutrition has shown through research that whole wheat, rather than refined wheat, is a good choice for obese patients. Women who consumed whole wheat products over long periods showed considerably more weight loss than the others subjects. Saturated and Trans fats increase the chances of cardiovascular diseases, while omega-3 fats decrease cardiovascular disease risk. Whole grains like wheat are immensely effective on patients with metabolic disorders. Common types of metabolic syndromes include visceral obesity, also known as the “pear shaped” body, high triglycerides, low levels of protective HDL cholesterol, and high blood pressure. Wheat protects against all of these conditions. Research has shown that foods made from refined grains not only tend to increase weight but they also increase the hazards of insulin resistance.

Doctors recommend eating whole wheat bread and other fiber-rich foods. The majority of fiber works to help the digestive process in the body and improve the overall metabolism. Having a wholewheat diet is probably the most effective, quick, and enjoyable way to reduce metabolic syndrome, but also to stay slim and healthy throughout your life.

Wheat is rich in magnesium, which is a mineral that acts as a co-factor for more than 300 enzymes. These enzymes are involved in the body's functional use of insulin and glucose secretion. The FDA permits foods that contain whole grain by at least 51% weight and are also low in saturated fat and cholesterol, which means a lower risk of coronary ailments and certain types of cancer. Moreover, regular consumption of whole grain wheat promotes healthy blood sugar control. People who suffer from diabetes are able to keep their sugar levels under control by replacing rice with wheat in their diet. The betaine content of wheat is what aids in the prevention of chronic inflammation. Betaine is usually found in whole wheat, beets and spinach. Inflammation is a key constituent in most types of rheumatic pains and also some rheumatic diseases. Thus, it is a good idea to eat a healthy amount of whole wheat food products that will actively reduce inflammation. Consumption of betaine affects a number of aspects in our body chemistry that assures a lower risk of chronic inflammation and other ailments like osteoporosis, heart disease, Alzheimer's disease, cognitive decline, and type-2 diabetes.

MATERIAL AND METHOD

In various surveys by the American Journal of Gastroenterology, it has been proven that breads and cereals made from whole wheat help women to avoid gallstones. Since whole wheat is rich in insoluble fiber, it assures a quick and smooth intestinal transit time and lowers the secretion of bile acids. Excessive bile acids are a major cause of gallstone formation. Moreover, a high intake of wheat increases insulin sensitivity and thereby lowers triglycerides or fat in the blood. Besides wheat, you also get insoluble fiber from the edible skins of fruits and certain vegetables like cucumbers, tomatoes and squash, berries, apples, and pears. Beans also provide both insoluble and soluble fiber.

Whole Grain

Wheat Assures a Healthy Lifestyle: Wheat is the most popular and easily available bulk laxative. Three cups of wheat consumption per day is enough for an individual to live a long, healthy and disease-free life. When you maintain a fiber-rich diet comprised of wheat breads and cereals that are high in bran, you can be confident that problems such as pain, flatulence, nausea, constipation, and distension will be alleviated in no time. Diverticulitis often occurs due to inflammation and lower intestinal pains. This can also lead to chronic constipation and unnecessary straining, which can result in a sac or a pouch in the wall of the colon. Such cases can be easily dealt with naturally by keeping up with a fiber-rich diet and including whole grain wheat on a regular basis.

Promotes Women's Gastrointestinal Health:

Benefits of wheat bran are bountiful, and promoting overall women's health is yet another important role of this cereal variety. Wheat acts as an anti-carcinogenic agent, particularly in women. Wheat bran enhances the metabolic rate of estrogen, which often leads to breast cancer if left at an excessive level. In one survey of pre-menopausal women in the age group of twenty to fifty, they ate three to four high-fiber muffins per day made from wheat, and they showed reduced blood estrogen levels by 17% in only 2 months. The other group of women eating corn bran did not show this result.

Wheat contains lignans, which are phytonutrients acting as hormone-like substances. The lignans often occupy the hormone receptors of our body, thereby alleviating certain risk factors for breast cancer. This effectively checks the high circulating levels of estrogen. Wheat increases the metabolic rate of estrogen production and protects women against this key factor of cancer. Wheat bran considerably reduces bile acid secretion and bacterial enzymes in the stool, thereby cutting down chances of colon cancer. If you include bread, pasta, and bran cereals in your daily diet, these ailments will be avoided.

Protective against Breast Cancer:

Research at the UK Women's Cohort Study found that a fiber-rich diet is extremely important for women to keep breast cancer at bay. Foods from whole grains like wheat and fruits provide significant safeguards for pre-menopausal women against breast cancer. Studies say that around 30 grams of wheat consumed daily is enough for women to reduce the risks of breast cancer. Reports say that pre-menopausal women who have consumed wheat had a 41% reduced risk of breast cancer in comparison to others who ate other forms of fiber.

Prevents Childhood Asthma:

The American Lung Association says that around 20 million Americans experience some form of asthma. Studies have stated that whole grains and fish in the diet can lower the chances of childhood asthma to a great extent. The International Study on Allergy and Asthma in Childhood proved through numerous studies that a wheat-based diet has the capacity to lower chances of developing asthma by almost 50%. During the survey, the wheat diet was increased considerably and the mothers were given special diets high in fish and whole grains; this showed an almost 66% reduction in the possibility of becoming asthmatic.

Bronchial hyper-responsiveness is the key factor that encourages asthma. This condition is characterized by the narrowing of the airways and increased sensitivity. In many surveys, it has been seen that children who eat wheat and fish in high amounts do not suffer from such ailments. The magnesium and vitamin E provided by wheat also contributes in reducing the problem of asthma. However, in some cases, wheat consumption may be harmful for asthma patients, since

wheat also happens to be a food allergen closely linked with asthma. Consult a doctor who can give you a complete examination and diagnosis of possible allergies you may have. Plant lignans, a type of phytonutrient, is abundant in whole wheat. These lignans are converted by responsive flora in the human intestines into mammalian lignans. One of these lignans is called enterolactone, which protects against breast and other hormone-dependent cancers, as well as heart disease. Wheat is not the only source of lignans; nuts, seeds and berries are also rich sources of plant lignans, as well as various other vegetables, fruits, and beverages like coffee, tea and wine. A Danish journal published in a recent article that women eating the most whole grains were found to have considerably higher blood levels of this defensive lignan.

CONCLUSION

The health benefits of wheat are no longer unknown, and people all over the world have experienced them by including wheat in their daily diet. This “health food” reputation is due to the important B vitamins, such as thiamin, folate, and vitamin B6, and the minerals magnesium, zinc, and manganese content. Wheat can be easily integrated into cakes, burritos, brownies, waffles, bread, muffins, patties and pancakes or simply sprinkled over your favorite cereal or yogurt.

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