



Oat Bran, Rice Bran, Wheat Bran

If you're looking for ways to make your diet a little healthier—you definitely should be—then you will love what components such as oat bran, rice bran, wheat bran can do for you. These are some of the healthiest items you can add to your daily diet. And you do need to take extra care that you continually monitor your diet to make sure you are getting all the right nutrients necessary for proper growth and repair throughout your body.

Bran is the outer layer or husk of grains such as oat, rice and wheat. Interestingly enough, for many years, this outer layer was simply discarded during the milling process until people learned of its health benefits. This makes bran one of the healthiest byproducts in the food industry. Bran is an integral part of the grain and constitutes much of the health-benefiting elements therein.

One of the most significant health benefits of oat bran, rice bran, and wheat bran is the dietary fiber they contain. They are also rich in omegas, starch, protein, vitamins and dietary minerals, making them compact nutritional powerhouses. These types of bran alone will make an enormously beneficial impact on your diet. However, it should be noted that you still need to strive for maintaining a well-balanced diet. No matter how healthy it is, eating just one type of food is unhealthy.

Diets high in oat bran, rice bran and wheat bran have consistently demonstrated great health benefits such as lower cholesterol, healthier hearts and improved intestinal health. It's obvious that when you improve the health of your heart, you help your body fight off foreign invaders and live a longer life. However, were you aware of just how important intestinal health is? When you maintain proper intestinal health, you help your body to capitalize on the food you ingest. You will be able to better absorb nutrients into your blood stream when your intestine is in proper working order. The fiber found in oats, rice and wheat also helps to aid in healthy and regular elimination. This not only helps you to better absorb nutrients, but it also helps rid your body of toxins. It's easy for bits of undigested food and other elements to become trapped in the folds of your intestinal lining, but fiber can effectively help cleanse these folds.

It's incredibly easy to include oat bran, rice bran and wheat bran in your daily diet, and the health benefits make it well worth doing so.

Wheat Bran

Let's smarten up that diet of yours and get some powerful nutrients in there! You can add a real health-benefiting kick to your diet by regularly consuming products with wheat bran. You can eat this type of bran with full confidence because it is an all-natural product produced through a very simple milling process; no artificial ingredients or chemical processing involved.

And thanks to a more health-conscious world, the food industry has been good about providing a greater variety of products that

contain wheat bran, making it much easier to regularly benefit from its nutrients. You can find it in common foods such as breakfast cereals, granola bars, whole-grain breads and baked goods. For added convenience, you can also find it as a fine grain, making it perfect for making pancakes, workout shakes, muffins, cookies and much more. You can easily elevate the nutrient level of a number of foods simply by adding wheat bran to them. And you don't even need to go to the local specialty food store to find it—you can easily shop for it at your regular local grocery store. Online retailers can also provide you with an extremely wide variety of bran products, so there's really no excuse to not get sufficient amounts of bran in your diet.

Another interesting point about wheat bran is that people report a feeling of fullness after consuming it, making it an ideal food to consume if you're attempting to lose weight. It also helps promote bowel regularity which also safely supports weight loss.

***This information was found at: www.branfacts.com

Reno/Sparks Locations:

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| Winco | \$0.41/lb |
| Raleys | \$1.19/lb or \$1.59/pkg |
| Whole Foods | \$0.99/lb |