

Processed grains that retain all three component parts - bran, germ and endosperm are known as whole grains. Epidemiological evidence suggests an inverse association between whole grain consumption and the risk of non-communicable diseases, such as cardio-vascular disease, type 2 diabetes, obesity and some cancers. The USA and Demark have quantity-specific WG dietary recommendations, but others, including the UK, do not. Despite recognition that whole grain is an important component of a healthy diet, monitoring of whole grain intake in the UK is poor. Thus, there is a need to assess WG intake and its consequences in the UK population.