Whole Grain Versus Fiber—They’re Not The Same

Mindy Hermann

Whole grain foods. Most Americans are eating less than one serving a day. In addition to whole grain cereals such as brown rice, wild rice, bulgur wheat and less common grains including millet and quinoa. Whole wheat pasta is a nice alternative to regular pasta.

Q: Do all whole grain foods carry a health claim on the label?

A: Not all foods that qualify for the "whole grain," "whole wheat" or "wheat' name on their label. "Whole grain" is defined as grain that is whole or contains a naturally occurring portion of the endosperm, or bran and germ. However, the food is processed or enriched, and contains added fat, sugar, or salt. Foods labeled as "enriched" must contain at least half of the nutrients that were naturally present, or added back in processing. It can be used by low fat bread and rolls. Whole grain Total is a whole grain cereal that is enriched.

Dr. Slavin suggests looking for package foods with a whole grain health claim on the food label. The claim appears on the front of the package. It can be used by low fat foods with whole grains making up more than half the weight of the food product. Whole Grain Total qualifies for the whole grain health claim.

Your goal should be to include at least three daily servings of whole grains. Most Americans are eating less than one serving a day. In addition to whole grain cereals such as Whole Grain Total, choose 100 percent whole wheat or whole grain bread and brown rice. Include foods such as brown rice, wild rice, bulgur wheat and less common grains including millet and quinoa.

Whole wheat pasta is a nice alternative to regular pasta.

Nothing works like a classic, and these tried-and-true fragrances continue to charm.

This goes for everything from vintage cars to classic fragrances. Take Royal Copenhagen and Michael Jordan colognes—these classics work like a charm. Each is a distinct scent that conveys confidence and masculinity. Royal Copenhagen is warm and quietly confident. Michael Jordan exudes a fresh, clean feeling.

You should find both of these tried-and-true fragrances at any Perfumania outlet or online at www.perfumania.com.

Dr. Joel Fuhrman

Environment is its one remark, and every flake of word is a chip off that old mute and immutable block.

― Mary Lou Cook

The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.

― Albert Einstein

What Are The Symptoms Of Bladder Cancer

The FDA recently approved the NMP22 BladderChek Test to help diagnose and monitor patients with bladder cancer.

The test requires just a few drops of urine. Symptoms, says Rodriguez. "And they shouldn't be ignored." It's important to see your doctor if you have any of the symptoms.

How Is Bladder Cancer Treated?

Tremendous advances have been made in bladder cancer diagnosis. For instance, the FDA recently approved the NMP22 BladderChek Test to help diagnose and monitor patients with bladder cancer. The noninvasive test is performed in the physician's office and requires just a few drops of urine to be placed on a dispos-

Gift Ideas Tried And True Gifts

(NAPS)—Learning about blad- der cancer—the fourth most preva- lent cancer in men)—may help pro- tect you from it. That’s because the key to several diseases is early detection. In fact, if caught early, bladder cancer has a 90 percent five-year survival rate.

The news is significant, consid- ering that the American Cancer Society estimates there were about 62,000 new cases of bladder cancer diagnosed in 2004 alone. Statistics also show that every day, 165 adults are diagnosed with bladder cancer, and 35 die from the disease.

About Bladder Cancer

Bladder cancer has the highest recurrence rate of any cancer. It generally begins in the lining layer of the bladder and eventually reaches the bladder wall. Doctors often base their diagnosis of the cancer (in terms of its seriousness) on which layer of the blad- der the cancer has reached.

The cancer is about three times more prevalent among men than women, but women have a much higher mortality rate. The cancer is rarely seen in women before age 50. It can occur long and can occur long after a person quits smoking. Such was the case for James, a 71-year-old who was a heavy smoker for five years in his 20s. Now at 50 he has bladder cancer. His doctors say the cancer was caused by his smoking.

What Are The Symptoms Of Bladder Cancer?

A telltale symptom of bladder cancer is bloating in the urine. Another is frequent urination and a burning sensation during urina- tion. “I experienced all three

Holiday Movies And Sweepstakes

Gifts you can enjoy this holiday include Hallmark Channel films such as “A Boyfriend for Christmas” and the once-in- a-lifetime chance to win a Holly- wood Holiday sweepstakes.

Claus.” Nick (Steve Guttenberg) is searching for the perfect Mrs. Claus. Despite his good humor, the twinkle in his eye and magical way with kids, winning the heart of a stressed-out single mom (Crystal Bernard, “Wings”) will take a miracle.

“Angel in the Family” Sisters separated by a lifetime of misunder- standing come together one amazing Christmas in which the impossible happens. Meredith Baxter, Ronny Cox, Natasha Gregson Wagner and Tracy Need- ham star.

Additional sweepstakes prizes include 10 First Prizes of $10,000 and 1,000 Second Prizes of a holiday ornament collection. Official sweepstakes rules can be found at participating Hallmark Gold Crown Stores or at www.hallmarkchannel.com.

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Health Awareness Understanding Bladder Cancer

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