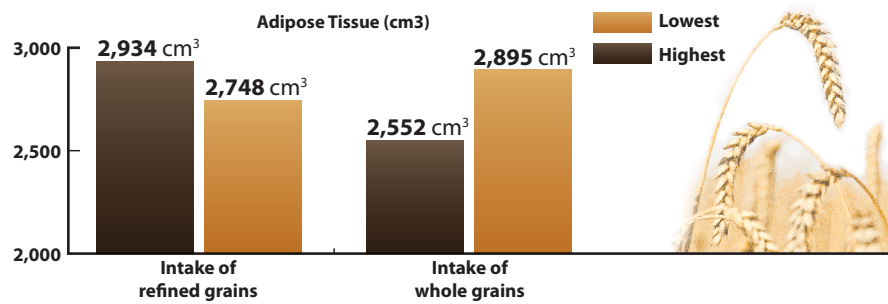


Refined Grains and Abdominal Fat

It seems pretty simple: Eat more refined grains and you'll likely have more abdominal subcutaneous adipose tissue; eat more whole grains and you'll have less:



SOURCE: McKeown NM, et al. Whole- and refined-grain intakes are differentially associated with abdominal visceral and subcutaneous adiposity in healthy adults. *AJCN*, e-published before print Sept. 29, 2010.