

Tuesday, January 6, 2009

Dr. Kracker Makes Sticking to Your Healthy Eating Resolutions Easy

If adding more whole grain to your diet isn't one of your New Year's resolutions, you just might want to think about revising those goals:

Whole-grain consumption is associated with a reduced risk of noncardiovascular, noncancer death attributed to inflammatory diseases. - ncbi.nlm.nih.gov

Substituting whole- for refined-grain products may decrease the risk of diabetes mellitus. - pubmedcentral.nih.gov

Diets with high amounts of whole grains may help achieve significant weight loss, and also reduce the risk of chronic diseases such as diabetes and cardiovascular disease. - sciencedaily.com

Often consumers find whole grain foods to have a different, less-pleasing texture than foods made with refined grain. This is true of most breads, cereals, pasta, and baked goods, at least according to my family! I say for all the benefits of whole grain I will put up with texture differences, because eating refined grain is pretty much the nutritional equivalent of eating sand.



One place you won't have to compromise taste, texture, or nutrition is with [Dr. Kracker Flatbreads and Snacker Crackers](#). They make a snack or addition to soup that any health-conscious person will adore - vegetarians, vegans, and omnivores alike.

Beginning in Germany nearly 10 years ago, the Dr. Kracker company (now based in Texas) is enthusiastically committed to using the highest-quality [organic](#) grains, seeds, and dried fruits, good old-fashioned yeast, and passion to create full-flavored, healthy artisan crackers just like you would find in fine European bakeries.

By the way, adding seeds to your diet is another resolution must-have. According to health expert and author [Dr. Joel Fuhrman](#): "Because seeds and nuts are rich in minerals and fiber and have a low glycemic index, they are favorable foods to include in a diet designed for diabetics and even the obese. Researchers noted that people eating one ounce of nuts five times a week reduced their risk of developing diabetes by 27 percent ... They (also) prevent the formation of gallstones."

Visit the [Dr. Kracker](#) website for more information, including a list of all of the delicious varieties, an important allergy statement, recipes, the founder's blog, and other "fun stuff!" To buy Dr. Kracker products please check your local grocer, or [greenshopper.com](#).

COUPON ALERT! Email Dr. Kracker at george.eckrich@drkracker.com to receive three \$.75-off coupons. Be sure to tell them PassionateGreen sent you.



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