

Grain

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there," Ganoung said. "If there is any refining, you can't call it whole grain flour."

Any white flour, even unbleached, unbromated flour, isn't a whole grain flour. Whole-wheat flour still includes the bran and the germ.

"How the flour is made, that's the key," he says. "(Whole-wheat bread) doesn't need to be multi-grain; it doesn't have to be rough-textured; it doesn't have to be chewy."

There are 400 trace components in wheat, Ganoung says, including barium and vanadium, essential to heart health, and appreciable amounts of selenium, vitamin E and the full range of B vitamins.

"If you refine wheat, you're going to lose that. How are you going to get it back?"

Politi likes to see us getting the fiber in whole grains.

"There's a lot of evidence that fiber has health benefits," Politi says. "Whole grains don't raise your blood sugar as quickly as a refined grain."

Brown rice, bran cereal, whole-wheat pasta and whole-wheat bread are all examples of whole-grain foods. But what Politi also likes people to hear is that there are other good "whole" foods. A baked sweet potato, for instance, isn't a grain, but it's whole in the way it comes to the table, versus a white potato that has been mashed up with butter or sliced and fried.

"Whole has a meaning of not being altered by the food industry," she says. "You find an amazing number of foods that have been altered, because it's easier to prepare and preserve. Unfortunately, we're losing a lot of nutrients by processing food. And we don't know the effect of additives being added to food."

Cutting out carbohydrates is not only drastic; it's almost impossible. They're laced throughout our diets, not just in our pasta and bread.

"Starches, fruits, vegetables and dairy products all provide carbohydrates," Politi says. "The only food groups that don't have them are protein and fat."

So it's really not difficult, even if you don't like brown rice, to get more of the good carbohydrates in your diet.

Aim for 24 to 30 grams of fiber a day, she says. "If you were to eat five servings of fruits and vegetables, and you eat them with the skin on, you'd get 10 to 12 grams of fiber right there."

So, while you're counting your calories, don't count out the carbs.

"It's important to know that not all carbohydrates are the same," Politi says.

"Eating SnackWell('s) fat-free cookies isn't the same as a slice of whole-wheat bread."

Awards

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Charlize Theron in "Monster"
Uma Thurman in "Kill Bill (Vol. 1)"
Evan Rachel Wood in "Thirteen"

ACTRESS IN A LEADING ROLE (MUSICAL OR COMEDY)
Jamie Lee Curtis in "Freaky Friday"
Scarlett Johansson in "Lost In Translation"

Diane Keaton in "Something's Gotta Give"
Diane Lane in "Under the Tuscan Sun"

Helen Mirren in "Calendar Girls"
ACTOR IN A SUPPORTING ROLE
Alec Baldwin in "The Cooler"

Albert Finney in "Big Fish"
William H. Macy in "Seabiscuit"
Tim Robbins in "Mystic River"

Peter Sarsgaard in "Shattered Glass"
Ken Watanabe in "The Last Samurai"

ACTRESS IN A SUPPORTING ROLE
Maria Bello in "The Cooler"

Patricia Clarkson in "Pieces Of April"
Hope Davis in "American Splendor"

Holly Hunter in "Thirteen"
Renée Zellweger in "Cold Mountain"

DIRECTOR
Sofia Coppola for "Lost In Translation"

Clint Eastwood for "Mystic River"
Peter Jackson for "The Lord Of The Rings: The Return Of The King"

Anthony Minghella for "Cold Mountain"
Peter Weir for "Master and Commander: The Far Side Of The World"

SCREENPLAY
"Cold Mountain"
Written by Anthony Minghella

"In America"
Written by Jim Sheridan, Kirsten Sheridan, Naomi Sheridan

"Lost In Translation"
Written by Sofia Coppola

"Love Actually"
Written by Richard Curtis

"Mystic River"
Written by Brian Helgeland

ORIGINAL SCORE
"Big Fish"
Composed by Danny Elfman

"Cold Mountain"
Composed by Gabriel Yared

"Girl With a Pearl Earring"
Composed by Alexandre Desplat

"The Last Samurai"
Composed by Hans Zimmer

"The Lord Of The Rings: The Return Of The King"
Composed by Howard Shore

ORIGINAL SONG
"The Heart Of Every Girl"
From "Mona Lisa Smile"

Music by Elton John. Lyrics by Bernie Taupin

"Into the West"
From "The Lord Of The Rings: The Return Of The King"

Music and Lyrics by Annie Lennox, Howard Shore, Frances Walsh

"Man Of The Hour"
From "Big Fish"

Music and Lyrics by Eddie Vedder

"Time Enough For Tears"
From "In America"

Music and Lyrics by Bono, Gavin Friday, Maurice Seezer

"You Will Be My Ain True Love"
From "Cold Mountain"

Music and Lyrics by Sting

FOREIGN FILM
"The Barbarian Invasions"

From Canada
"Good Bye, Lenin!"

From Germany
"Monsieur Ibrahim"

From France
"Osama"

From Afghanistan
"The Return"

From Russia
TELEVISION SERIES (DRAMA)

"C. S. I.: Crime Scene Investigation"

"Nip/Tuck"
"Six Feet Under"

"24"
"The West Wing"

TELEVISION SERIES (MUSICAL OR COMEDY)
"Arrested Development"

"Monk"
"The Office"

"Sex and the City"
"Will & Grace"

MINI-SERIES OR TELEVISION MOVIE
"Angels In America"

"My House In Umbria"
"Normal/Soldier's Girl"

"Tennessee Williams' The Roman Spring Of Mrs. Stone"

ACTOR IN A LEADING ROLE (DRAMA SERIES)
Michael Chiklis in "The Shield"

Anthony LaPaglia in "Without a Trace"

William L. Petersen in "C. S. I.: Crime Scene Investigation"

Martin Sheen in "The West Wing"

Kiefer Sutherland in "24"

ACTOR IN A LEADING ROLE (MUSICAL OR COMEDY SERIES)

Ricky Gervais in "The Office"

Matt LeBlanc in "Friends"
Bernie Mac in "The Bernie Mac Show"

Eric McCormack in "Will & Grace"
Tony Shalhoub in "Monk"

ACTOR IN A LEADING ROLE (MINI-SERIES OR TELEVISION MOVIE)
Antonio Banderas in "And Starring Pancho Villa As Himself"

James Brolin in "The Reagans"
Troy Garity in "Soldier's Girl"

Al Pacino in "Angels In America"
Tom Wilkinson in "Normal"

ACTRESS IN A LEADING ROLE (DRAMA SERIES)
Frances Conroy in "Six Feet Under"

Jennifer Garner in "Alias"
Allison Janney in "The West Wing"

Joely Richardson in "Nip/Tuck"
Amber Tamblyn in "Joan Of Arcadia"

ACTRESS IN A LEADING ROLE (MUSICAL OR COMEDY SERIES)
Bonnie Hunt in "Life With Bonnie"

Reba McEntire in "Reba"
Debra Messing in "Will & Grace"

Sarah Jessica Parker in "Sex and the City"
Bitty Schram in "Monk"

Alicia Silverstone in "Miss Match"

ACTRESS IN A LEADING ROLE (MINI-SERIES OR TELEVISION MOVIE)
Judy Davis in "The Reagans"

Jessica Lange in "Normal"
Helen Mirren in "Tennessee Williams' The Roman Spring Of Mrs. Stone"

Maggie Smith in "My House In Umbria"

Meryl Streep in "Angels In America"

ACTOR IN A SUPPORTING ROLE (SERIES, MINI-SERIES OR TELEVISION MOVIE)
Sean P. Hayes in "Will & Grace"

Lee Pace in "Soldier's Girl"
Ben Shenkman in "Angels In America"

Patrick Wilson in "Angels In America"

Jeffrey Wright in "Angels In America"

ACTRESS IN A SUPPORTING ROLE (SERIES, MINI-SERIES OR TELEVISION MOVIE)
Kim Cattrall in "Sex and the City"

Kristin Davis in "Sex and the City"
Megan Mullally in "Will & Grace"

Cynthia Nixon in "Sex and the City"
Mary-Louise Parker in "Angels In America"

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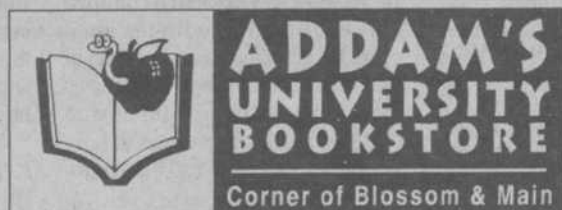
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