

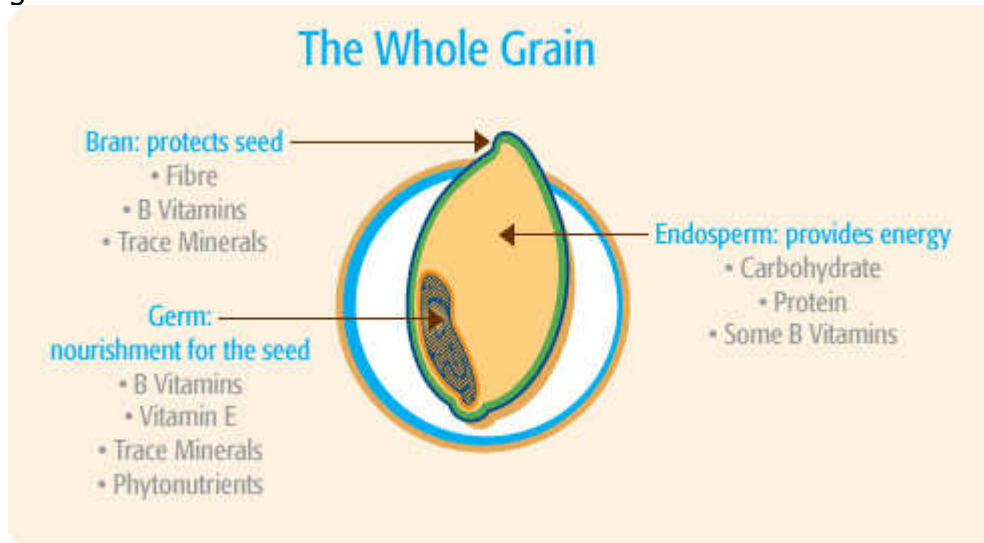
Some Examples of One Whole Grain Serving

(ALWAYS read food labels for particulars)

- Most dry cereals (3/4 cup)
Cheerios, Corn Chex, Corn Flakes, Rice Chex, Rice Krispies, Wheaties, Total, Special K, other
- Granola dry cereals (1/4 – 1/2 cup)
- Cooked cereal OR grain (1/2 cup cooked)
Pasta, rice, corn, oats, barley, Cream of Wheat, grits, other whole grain cereal
- Popcorn (5-6 cups popped)
- Whole grain bread, bagel, English muffin, waffle, pancake or tortilla (1 slice)
- Wheat Thins, Triscuit or other small whole grain crackers (5-6 crackers)
- Rice cakes or large whole grain crackers (2-3 crackers)

Go with the Whole Grain

Whole grain foods are made from the entire grain, which includes the outer shell (bran), the endosperm with complex carbohydrates and protein, and the germ.



What is the difference between whole and refined grains?

Refined grains have been milled, removing the bran and germ. Without the bran and germ, about 25 percent of a grain's protein is lost, along with at least 17 key nutrients including iron, thiamin, riboflavin, niacin, and magnesium. Usually the refined grains are enriched, which means some B vitamins and iron are added back after processing so that refined products still contribute valuable nutrients.

However, fiber is not added back to most enriched grains. Whole grains are healthier, providing more protein, fiber, vitamins and minerals. White flour, white bread, white pasta and white rice are refined grains.

Whole grains	Refined grains
<ul style="list-style-type: none"> ▪ Barley ▪ Brown rice ▪ Buckwheat ▪ Bulgur (cracked wheat) ▪ Millet ▪ Oatmeal ▪ Popcorn ▪ Whole-wheat bread, pasta or crackers ▪ Wild rice 	<ul style="list-style-type: none"> ▪ Corn flakes ▪ Couscous ▪ Enriched macaroni or spaghetti ▪ Grits ▪ Pretzels ▪ White bread (refined) ▪ White rice

Is the product 100 percent whole grain?

Check the ingredient list and "Nutrition Facts" label. For most but not all "whole grain" food products, the words "whole" or "whole grain" should appear before the name (i.e., whole wheat bread). Some refined grains may lead you to believe they are whole grains such as 9-grain, hearty grain or multi-grain breads, but they are not.

Use the "Nutrition Facts" label to help you choose whole grain products with a higher percent daily value (% DV) for fiber. Fiber varies from grain to grain, ranging from 3.5 percent in rice to over 15 percent in barley and bulgur. Both fiber and whole grains have been shown to have health benefits.

Look for the whole grain stamp on foods you buy.

The whole grain stamps pictured below are found on packages of whole grain foods. Eight grams of whole grain is considered 1/2 a serving and 16 grams of whole grain is considered a full serving.



How much?

Aim for at least 3 servings per day. A serving is:

- 1 slice of bread
- 1 cup of ready-to-eat cereal
- 1/2 cup of cooked rice, cooked pasta, or cooked cereal

Tips to get in whole grains:

- Replace refined foods, such as white bread and white rice, with whole wheat bread and brown rice.
- Enjoy breakfasts that include high-fiber cereals, such as bran flakes, shredded wheat or oatmeal.
- Use whole wheat pasta in casseroles, macaroni and cheese, and other pasta dishes.
- Snack on whole grain, low-fat crackers or popcorn (without salt or butter).
- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes.
- Use whole grain cracker crumbs or bread crumbs as a breading in meatloaf.