

Whole Grains

Grains, also known as starches, include foods made from wheat, rice, oats, cornmeal, barley, or other cereal grains. They make up foods such as bread, pasta, rice, cereal, and tortillas. Whole grains, such as whole wheat, are the best choice. **Choose whole grains as often as possible.**

So what is the difference between whole grains and refined grains?

- Whole grain means it is the “complete” grain. The health benefits of whole grain come from three parts of the grain – the bran, the germ, and the endosperm.
- Refined grains have been milled and are usually “white” grains. Milling not only removes most of the fiber, but also removes up to 25% of the grain’s protein and essential nutrients.

Aim for 3 servings (48 grams) of whole grain foods each day.

Food Item	1 Serving =
Whole grain cereals	1 c. dry ready-to-eat or ½ c. cooked
Whole grain breads	1 slice bread, or small roll, or ½ bagel, or ½ English muffin, or ½ hamburger bun
Rice (brown) or whole grain pasta	½ c. cooked
Other foods made with whole grain flour	1 pancake (5-inch diameter), or 1 small waffle, or 1 small muffin (1 oz.), or 3-4 small crackers or 1 tortilla (6-inch)

Whole Grains Cont'd

When choosing a whole grain food, look for the **word “whole” in the ingredient list**. The word “whole” should come in front of the grain ingredient such as “whole wheat” or “whole oats” and it should appear at the beginning of the list.

Whole grains might also be listed as follows: brown rice, whole grain white rice, quinoa, buckwheat, popcorn, whole oatmeal, whole rye, bulgur (cracked wheat), and sorghum.

Take a look at these great grain choices, packed with fiber, vitamins, and minerals. It is best to eat these grains as unrefined as possible. They're great for your health, inexpensive, and easy to make.



Wheatberries: Add to salad, pasta, bread



Quinoa: Add to hot cereal, soup, salad



Bulgur: Add to pilaf, lentils, & breakfast dish



Brown Rice: Add to any entrée, rice pudding



Oats: Enjoy as oatmeal, use in baking & granola.



Barley: Add to soup, stew, or entree



Rye: Use in porridge, rye berries as a side, or rye flour for breads



Millet: Use for breakfast with nuts and fruit, or as rice or potato alternative