

10 tips Nutrition Education Series

make half your grains whole grains



10 tips to help you eat whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

make simple switches
To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.

whole grains can be healthy snacks



Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter.

Also, try 100% whole-wheat or rye crackers.

3 Save some time
Cook extra brown rice or whole-wheat pasta when you have time. Refrigerate half to heat and serve later in the week as a quick side dish.

mix it up with whole grains
Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

try whole-wheat versions
For a change, try brown rice or whole-wheat pasta.
Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.

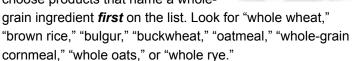
bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in your favorite pancake or waffle recipes. To limit saturated fat and added sugars, top with fruit instead of butter and syrup.

be a good role model for children
Set a good example for children by serving and
eating whole grains every day with meals or as snacks.

Check the label for fiber
Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.

Read the ingredients list and choose products that name a whole-



be a smart shopper
The color of a food is not an indication that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole-grain products, and may not contain any whole grain.