

Whole Grains



What is a whole grain?

- ▶ Foods made from the entire grain seed (kernel) are considered whole grains

Why choose whole grains?

- ▶ They are better sources of fiber and other nutrients
- ▶ They provide many health benefits when eaten daily

Health benefits of whole grains:

- ▶ Reduce risk of strokes 30-36%
- ▶ Reduce risk of type 2 diabetes by 21-30%
- ▶ Reduce risk of heart disease 25-28%
- ▶ Better weight maintenance

How many whole grains do we need a day?

- ▶ 3 Servings or more a day

What is a serving?

- ▶ ½ cup cooked brown rice or other cooked grain
- ▶ ½ cup cooked 100% whole-grain pasta
- ▶ ½ cup cooked hot cereal, like oatmeal
- ▶ 1 slice 100% whole grain bread
- ▶ 1 cup 100% whole grain ready-to-eat cereal

Whole Grains

Barley
Brown Rice
Oatmeal
Wild Rice
Whole-wheat bread, pasta, or crackers

Refined grains

Corn flakes
Grits
Enriched pasta
White Rice
White Bread