

GRAINS: EAT WHOLE GRAINS

What is included?

- ▶ Grain foods are foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain and include the following:
 - ▶ Bread
 - ▶ Pasta
 - ▶ Oatmeal
 - ▶ Grits
 - ▶ Tortillas
 - ▶ Breakfast cereals



What counts as a 1-ounce serving?

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

Why is it important to eat GRAINS?

- ▶ Whole grains are important sources of nutrients that may reduce the risk of heart disease and help with weight management.
- ▶ These nutrients include the following: dietary fiber, B vitamins (including thiamin, riboflavin, niacin, and folate), and minerals (including iron, magnesium, and selenium).

Tips:

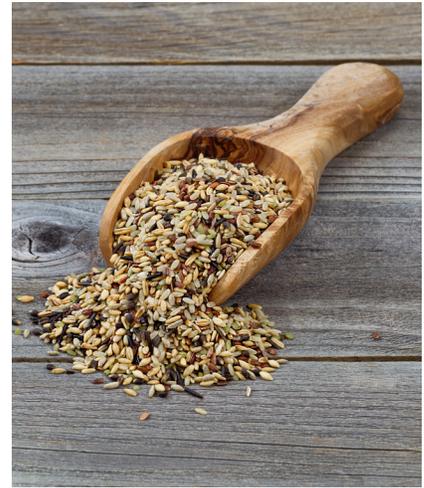
- ▶ Pair whole grains with fruits and vegetables! When paired together, whole grains can help introduce vegetables and fruits to children. Placing bananas on whole wheat toast or adding vegetables into brown rice are examples of ways to introduce new fruits and vegetables. It also adds variety to your meals!
- ▶ Add variety by choosing a different whole grain every day! When choosing whole grains for your meals or replacing items in your pantry, add variety. If you have brown rice one day, choose quinoa, bulgur, or soba noodles another day. This keeps things interesting and helps your child try new grains!
- ▶ Set a good example for children by eating whole grains with meals or as snacks.
- ▶ Let children select and help prepare a whole grain side dish.
- ▶ Substitute a whole grain product for a refined-grain product.
- ▶ Eat 100% whole wheat bread or bagels instead of white bread or bagels; eat brown rice instead of white rice.
- ▶ Use whole grains in mixed dishes, such as barley in vegetable soups or stews; try bulgur wheat in casseroles or stir-fry recipes.

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Why should you choose **WHOLE** grains instead of **REFINED** grains?

Grains are divided into 2 sub-groups:

- ▶ **Whole grains** include foods, such as whole wheat pastas, breads, crackers, brown rice, popcorn, quinoa, oatmeal, bulgur, and buckwheat.
- ▶ **Refined grains** have been milled to produce a finer texture and longer shelf-life, but this process also removes important nutrients, such as fiber, iron, and many B vitamins. This is why at least half of all grains eaten should be whole grain foods!



How to choose whole grain foods:

To identify whole grain foods, check the Ingredient List on the package. Choose foods that name one of the following whole grain ingredients first on the list:

- ▶ Brown rice
- ▶ Quinoa
- ▶ Whole grain sorghum
- ▶ Buckwheat
- ▶ Rolled oats
- ▶ Whole grain triticale
- ▶ Bulgur
- ▶ Wild rice
- ▶ Whole oats
- ▶ Millet
- ▶ Whole grain barley
- ▶ Whole rye
- ▶ Popcorn
- ▶ Oatmeal
- ▶ Whole grain corn
- ▶ Whole wheat

Choose Grain Products Smartly!

- ▶ Look for the word “whole” in the ingredient list. For example, “whole grain” or “whole wheat.”
- ▶ Foods labeled with the words “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.
- ▶ Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients.
- ▶ Fiber is also not an indication of a whole grain. High fiber foods can have added fiber without actually having much, if any, whole grain, so checking the fiber on a label is not a reliable way to determine whether a product is truly whole grain.
- ▶ Many whole grain foods have the Whole Grain stamp created by The Whole Grains Council. However, not all whole grain foods will have this stamp because it is voluntary for food manufacturers to use it. Always check the ingredient list to see if a whole grain is listed as the first ingredient.

