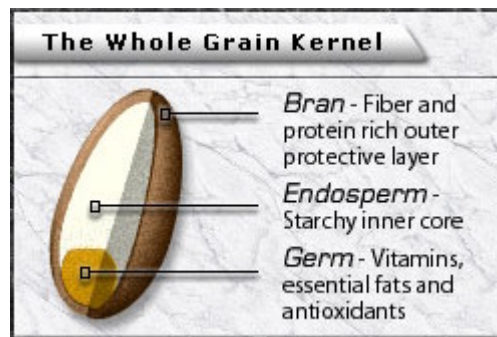


The Whole Truth about Whole Grains: *Your Guide to Good Health*



What is a whole grain?

- The term *whole grain* means that the entire kernel (including the bran, endosperm, and germ) is left intact during processing (see diagram).
- Unlike whole grains, *refined grains* are missing parts of the kernel, and consequently are missing many of the nutrients and health benefits of whole grains. Although about half of your grain intake should come from whole grains, about 85-90% of grain products found in supermarkets are made from refined grains.



Eat More...

- Whole-wheat bread
- Brown rice
- Whole-wheat pasta
- Whole-grain cereals
- Oatmeal

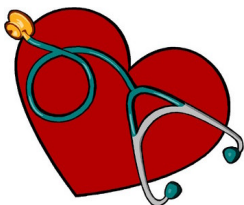
Eat Less...

- White bread
- White rice
- White pasta
- Cereal made with added sugar and fat

Health Benefits of Whole Grains

Whole grains are excellent sources of antioxidants, fiber, phytonutrients and vitamins, all of which contribute to good health:

- Decreased risk of heart disease
- Lower cholesterol levels
- Protection against many types of cancer
- Assistance with weight management



What are phytonutrients?

Small but powerful disease fighters found naturally in plant and plant-based foods. Whole grains contain significant amounts of the phytonutrients lignan, phytic acid, and phytosterols. Aim to get a variety of whole grains in your diet—that way you're more likely to get all of the phytonutrients your body needs!

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More on Whole Grains

Whole Grain Foods

Most Americans are not eating enough whole grains, and 1/3 never eat any! Eating whole grains is easier than you might think—they can be eaten by themselves or as part of a meal or snack. Examples of whole grains include:

- Whole-wheat bread
- Whole-wheat pasta
- Brown or wild rice
- Whole grain cereal
- Popcorn
- Oatmeal
- Whole-wheat tortillas
- Bulgur
- Quinoa
- Whole grain barley

Whole Grains on the Web

www.mypyramid.gov
www.wholegrainscouncil.org
www.eatingwell.org
www.umd.edu/uds

Reading Labels to Select Whole Grain Foods

Packaging and food labels can be misleading. Use these tips when you're searching for whole grain foods:

- **Look at the list of ingredients.** The first item on the list should be a whole grain.
- **Separate marketing from the truth.** Read ingredient labels even if the package says "Made with whole grain." These foods may contain negligible amounts of whole grains.

Whole Grain	Refined Grain
Whole grain [name of grain]	Wheat
Stone-ground whole [grain]	Made with whole-wheat
Whole-wheat	Stone-ground
Brown Rice	Enriched flour
Rye	Wheat germ
	Bran
	Cracked wheat
	Multi-grain
	Wheatberries



How Many Whole Grains Should You Eat?

The updated food guide pyramid recommends eating at least three servings of whole grains every day, or half of your total grain intake.

What Counts as a Serving?

- 1 slice of whole-wheat bread
- 1/2 cup cooked brown rice or whole-wheat pasta
- 1 cup whole-grain cereal
 - raisin bran
 - shredded wheat
 - Cheerios
 - Total
- 1/2 cup cooked oatmeal
- 5-inch corn tortilla
- 3 cups popcorn