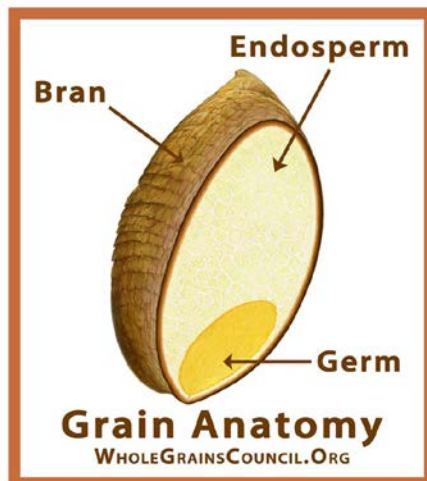




Whole Grains



Used with permission from the Whole Grains Council: www.wholegrainscouncil.org.

Whole grains include any foods that contain all three naturally-present parts of a grain as shown in the diagram to the left– the **bran**, **germ**, and **endosperm**. The bran and germ contain important antioxidants, fiber, and several vitamins and minerals. The endosperm provides nutrition in the form of starch, oils and protein. Processed grain foods have all or part of the bran and germ removed, leaving only the starchy endosperm.

Why eat more whole grains?

Whole grains offer a wide variety of health benefits, and research is uncovering more every day.

- They can reduce the risk of chronic diseases like heart disease, stroke, certain cancers, and diabetes.
- Whole grains can help you feel full longer and lower your cholesterol.
- By keeping the stool soft and bulky, the fiber in whole grains helps prevent constipation, and also helps prevent diverticular disease (diverticulosis) by decreasing pressure in the intestines.

Examples of whole grains

Whole grains that you can find in most grocery stores include:

- Amaranth
- Barley
- Brown and wild rice
- Buckwheat
- Corn (including popcorn and whole grain cornmeal)
- Millet
- Oats
- Whole wheat (including bread products, pastas, and cereals)



Photo by [WFIU Public Radio/Flickr](https://www.flickr.com/photos/wfiu/)

How to Identify Whole Grain Products

1. Read the ingredient list.

The first grain listed should be a whole grain such as whole wheat flour, whole oats, or brown rice.

Calories 35		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g,0g	0%	0%
Saturated Fat	0g,0g	0%	0%
Trans Fat	0g,0g		
Polyunsaturated Fat	0g,0g		
Monounsaturated Fat	0g,0g		
Cholesterol	0mg,0mg	0%	0%
Sodium	150mg,80mg	6%	3%
Total Carbohydrate	16g,8g	5%	3%
Dietary Fiber	5g,3g	20%	12%
Sugars	2g,1g		
Protein	5g,2g		
Vitamin A	0% 0%	Vitamin C	0% 0%
Calcium	10% 4%	Iron	4% 2%
Thiamin	6% 4%	Riboflavin	9% 2%

INGREDIENTS: WATER, 100% WHOLE GRAIN WHOLE WHEAT FLOUR, SOY FIBER AND/OR WHEAT FIBER AND/OR SUGAR CANE FIBER, WHEAT GLUTEN, YEAST, BROWN SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: MOLASSES, SALT, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO- DIGLYCERIDES, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE), CALCIUM PROPIONATE (TO PREVENT SPOILAGE), GUAR GUM, YEAST NUTRIENTS (CALCIUM SULFATE, CALCIUM CARBONATE, AMMONIUM SULFATE), FUMARIC ACID, WHEAT STARCH, PALM OIL, SOY LECITHIN.
CONTAINS: WHEAT, SOY.

2. Look for the whole grain stamp.

The 100% stamp means a product contains all whole grains, and at least 16 grams per serving. The goal for most adults is 48 grams of whole grain each day.



10 Easy Ways to Enjoy More Whole Grains

There are lots of delicious ways to eat whole grains. Try some of the following:

1. Serve whole wheat pasta, or combine 50/50 regular and whole wheat.
2. Make a big batch of brown rice, and freeze some for later, or try “quick” brown rice, which is parboiled and cooks in about 10 minutes.
3. Extend your meatloaf or meatballs with rolled oats or add a handful of rolled oats to your yogurt or cold cereal.
4. Use whole-grain cornmeal in your homemade cornbread or corn muffins.
5. Have oatmeal for breakfast. If you like flavored oatmeal, mix one packet with ½ cup quick oats for more whole-grain goodness and less sugar.
6. Buy tortilla chips made from whole corn meal or pop up some popcorn.
7. Substitute a portion of the all-purpose flour in your breads and cookies with whole wheat flour or oat flour.
8. Try whole wheat pastry flour in cookies, pastries and quick breads for the benefits of whole grain with a finer texture.
9. Use whole wheat couscous for a speedy whole-grain side dish.
10. Explore using quinoa or bulgur to make grain-based salads like tabbouleh.