

MAKE HALF YOUR GRAINS WHOLE

How to get more whole grains

- Buy 100% whole-wheat bread instead of white bread.
- Use brown rice instead of white rice.
- Use whole-wheat pasta.
- Add barley to soup or stew.
- Use whole-wheat bread or crackers in meatloaf.
- Have popcorn or whole-grain cereal as a snack.

How much should you eat?

The average adult should eat about 3 ounces of whole grains every day.

One ounce of whole grain can include:

- 1 slice of 100% whole-wheat bread
- 1 cup whole-grain ready-to-eat cereal
- ½ cup cooked brown rice, wild rice, whole-grain pasta or cooked cereal

Refined grain

Refined grains contain only the endosperm. This means you don't get all the vitamins, minerals and fiber from the bran and germ.

Whole grain

Whole grains contain all three parts of the grain kernel.

Bran

Provides fiber, antioxidants and B vitamins

Endosperm

Provides carbohydrates, protein and smaller amounts of B vitamins

Germ

Provides B vitamins, vitamin E, minerals, healthy fat and antioxidants