



Nutrition Education



Incorporate whole grains daily

It is recommended to make at least half of your grains whole grains every day.

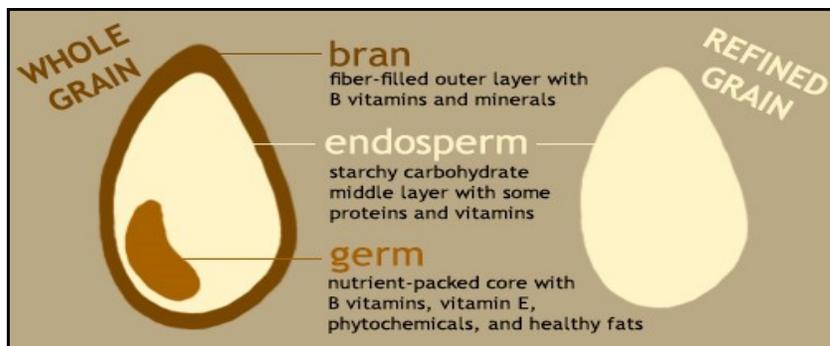
- Start your day with fiber-rich oatmeal, whole wheat cereal, or whole grain toast
- Swap out white rice for brown rice
- Choose whole grain breads over refined breads
- Snack on whole grain products like whole grain crackers or popcorn

Whole Grains

Breads, rice, cereal, and pasta are all made from grains. However, **not all grains are created equal** as some grains are whole and others are refined. This can be confusing for most especially when trying to shop healthy at the grocery store.

What is a whole grain?

Whole grains contain the whole kernel of the grain which includes 3 parts: the bran, the germ and the endosperm. Refined grains only contain the endosperm.



What are the benefits of whole grains?

Whole grains provide a variety of vitamins, minerals, and fiber. Many important nutrients are missing when grains are not whole. Eating a diet rich in whole grains may reduce the risks of heart disease, some cancers, diabetes, and can help with bowel movements.

What foods are whole grains?

Oats, barley, brown rice, quinoa, buckwheat, corn, and wheat berries are examples of whole grains. **When shopping for whole grains be sure to read the nutrition facts labels. A food is only considered 100% whole grain if the only grain ingredient listed is a “whole” grain (not enriched).**

Don't be misled by labels that say “multi grain” or “bran” as they may not be 100% whole grain. Please refer to the nutrition facts label to verify. Also, don't be misled by the colors of grains. Not all “brown” colored grains are whole grains.

Information obtained from:
The Academy of Nutrition and Dietetics
&
Myplate.gov

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