

WHOLE GRAINS

WHAT ARE WHOLE GRAINS?

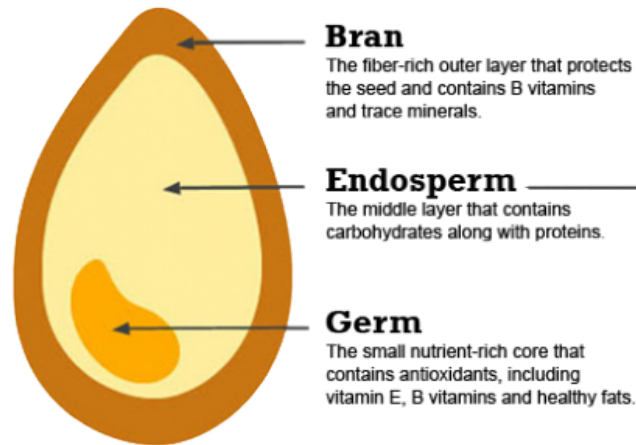
A whole grain contains all 3 parts of the grain including the **bran, germ, and endosperm.**

Due to the germ and endosperm, whole grains contain more **fiber, protein and vitamins and minerals** that are otherwise removed from refined (white) grains. Extra fiber **promotes satiety** and will help keep you fuller longer. Whole grains also help with weight control, appetite, improved concentration, and increased energy levels.

Whole Grain

vs.

"White" Grain



SWAPS TO INCREASE WHOLE GRAINS

White rice

Pasta

White bread

White cereal

All purpose flour

Cookies

Brown Rice

Whole wheat pasta

Whole wheat bread

Whole grain cereal

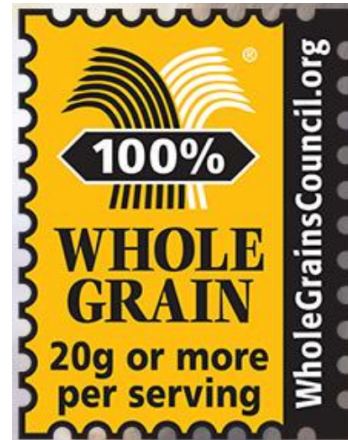
Whole Wheat Flour

Granola



SHOPPING WHOLE GRAINS

Shopping for whole grains can be tricky. Bread and crackers labeled "multi-grain," "stone-ground" or "100% wheat" may look healthy, but they can be made mostly from refined white flour. Check the ingredient list to make sure whole grain or whole wheat products are listed at the top of the list. Additionally, look for products that contain the whole grain stamp -- preferably 100% Whole Grain



TIPS TO INCREASE WHOLE GRAINS EVERYDAY

- **BREAKFAST:** including a whole grain item at breakfast is a great way to start the day. Include grains with whole wheat english muffin, bagel, oatmeal, or granola on yogurt
- **LUNCH:** include whole grains at lunch by consuming whole grain bread with sandwiches
- **SNACK:** granola bars and popcorn are both good sources of whole grains
- **DINNER:** Cook whole grains ahead of time. When preparing brown rice or other grains, make enough for multiple meals



GLUTEN

- Gluten is a protein found in wheat, barley and rye.
- Some people have celiac's disease, where gluten triggers an immune response which can be damaging to the intestines.
- Excluding those with Celiac's, gluten is a safe and nutritious part of a healthy diet.
- Incorporating whole grains in everyday diet provides fiber, vitamins, minerals, and antioxidants



**MAKE HALF YOUR GRAINS
WHOLE GRAINS!**