Whole Grains
Energize Your Day!

Grains are an essential part of a healthy diet. They are good sources of vitamins and minerals and are naturally low in fat. Grains are good sources of complex carbohydrates which provide your body long lasting energy. Choose whole grains to keep you healthy.

**EAT MORE**

- Brown rice
- Whole grain bread
- Popcorn
- Whole wheat crackers
- Oatmeal
- Whole grain pasta

Why eat whole grains?

Whole grains are better sources of fiber and other nutrients like magnesium, potassium, and selenium than refined grains.

**EAT LESS**

Refined grains, like white flour and white bread, have had their bran and fiber stripped away from the original grain when they are milled. Includes:

- Pretzels
- Enriched pasta
- Cornflakes
- White bread
- White rice
- Saltine crackers

Eating whole grains can:

- Keep your heart healthy
- Reduce your risk for certain cancers
- Help maintain blood sugar levels
- Help maintain a regular digestive system
### GRAINS DICTIONARY

<table>
<thead>
<tr>
<th>Whole Grain</th>
<th>Enriched Grain</th>
<th>Processed Food</th>
<th>Fortified Food</th>
<th>Refined Grain</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup cooked oatmeal</td>
<td>Oatmeal</td>
<td>Cereal Grain Bar</td>
<td>Enriched Pasta</td>
<td>Whole-GRAIN Pasta</td>
</tr>
<tr>
<td>1/2 cup cooked whole-grain pasta</td>
<td>Whole-GRAIN Pasta</td>
<td>Whole-GRAIN Pasta</td>
<td>Whole-GRAIN Muffin</td>
<td>Whole-GRAIN Crackers</td>
</tr>
<tr>
<td>1 whole grain muffin</td>
<td>Whole-GRAIN Muffin</td>
<td>Whole-Wheat Muffin</td>
<td>Whole-Wheat Crackers</td>
<td>Whole-GRAIN Crackers</td>
</tr>
<tr>
<td>5 whole-grain crackers</td>
<td>Whole-GRAIN Crackers</td>
<td>Whole-GRAIN Crackers</td>
<td>Whole-GRAIN Crackers</td>
<td>Whole-GRAIN Crackers</td>
</tr>
<tr>
<td>1/2 cup cooked brown rice</td>
<td>Brown Rice</td>
<td>White Rice</td>
<td>White Rice</td>
<td>Whole-GRAIN Rice</td>
</tr>
<tr>
<td>1 cup whole-grain breakfast cereal</td>
<td>Whole-GRAIN Breakfast Cereal</td>
<td>Whole-GRAIN Breakfast Cereal</td>
<td>Whole-GRAIN Breakfast Cereal</td>
<td>Whole-GRAIN Breakfast Cereal</td>
</tr>
<tr>
<td>1 slice whole-grain bread</td>
<td>Whole-GRAIN Bread</td>
<td>Whole-GRAIN Bread</td>
<td>Whole-GRAIN Bread</td>
<td>Whole-GRAIN Bread</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>4</th>
<th>8</th>
<th>3</th>
<th>7</th>
<th>5-6</th>
</tr>
</thead>
</table>

To get your personalized whole grain recommendation, check out www.choosemyplate.gov.

### Whole Grains

Check the food labels for the Whole Grain Stamps.

Your portion guidelines are shown in the right box. Your personal goal is shown in the left box.

### How much is enough?

*Make Half Half*

Substitute your regular foods for whole grain foods in your daily diet.

Here's how:

### Whole Grains

1. Choose:
   - Whole-grain bread
   - Whole-grain pasta
   - Whole-grain rice
   - Whole-grain crackers
   - Whole-grain cereal

2. Instead of:
   - White bread
   - White rice
   - Regular breakfast cereal
   - Crackers
   - Cereal (Cornflakes)

### Enriched Grains

1. Choose:
   - Enriched pasta
   - Enriched bread

2. Instead of:
   - Whole-grain pasta
   - Whole-grain bread

### Processed Food

1. Choose:
   - Processed foods

2. Instead of:
   - Whole-grain processed foods

### Fortified Food

1. Choose:
   - Fortified foods

2. Instead of:
   - Whole-grain fortified foods

### Refined Grain

1. Choose:
   - Refined grain foods

2. Instead of:
   - Whole-grain refined grain foods