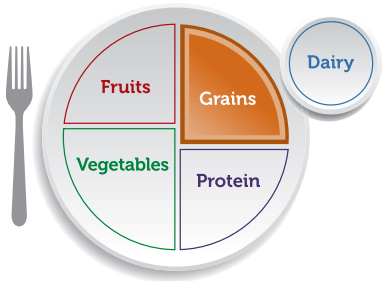
USDA United States Department of Agriculture

MAKE HALF YOUR GRAINS WHOLE GRAINS

The grains group includes breads, cereals, rice, and pasta. All grains are made with some of the grain kernel but whole grains include the entire kernel. When parts of the grain are removed, it is called a refined grain. Enriched grains have nutrients added back in. Both whole grains and enriched grains provide good nutrition. Whole grains often have more fiber, which helps to keep your body regular. Adults and children who need 2,000 calories should eat about 6 ounces of grains each day. Three of those ounces should be whole-grain.

Serve a variety of grains such as:

- **1 cup of 100% whole-wheat flakes** (counts as 1 ounce of whole grains).
- **Two slices of 100% whole-wheat bread in a sandwich** (counts as 2 ounces of whole grains).
- **1 cup of cooked rice** (counts as 2 ounces of grains).
- **One medium corn tortilla** (counts as 1 ounce of grains).



TIPS ON EATING WHOLE GRAINS

Make at least half your grains whole grains. Use whole-grain bread in sandwiches, mix brown rice with vegetables, and use whole-wheat pasta in dishes like spaghetti.

Eat whole grains to keep you on track. Many whole grains provide health benefits, like fiber, which helps to keep the body regular.

Check the package. Look on the package and ingredient list for the words "100% whole grain" or "100% whole wheat." Some grains say "bran" or "100% wheat" and may not contain any whole grain. Brown or dark colors are not a sign that foods are made with whole grains.

Try whole grains for breakfast! Choose whole-wheat cereal, oatmeal, or whole-grain waffles.

What about whole-grain snacks? Try whole-grain cereals such as shredded wheat or toasted oats. Popcorn is a great snack, when made with little or no butter or salt.

Give kids whole-grain foods without the extras. Many grain foods such as cookies, cakes, pies, and donuts have a lot of solid fats and added sugars. Serve these foods less often.

To find the right amount of grains for members of your family, visit http://choosemyplate.gov/supertracker-tools/daily-food-plans.html or SuperTracker.usda.gov.

DHEC PROMOTE PROTECT PROSPER CR-011450

HANDOUT:
MYPLATE FAMILY MEALS