

Grain Group



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Make half your grains whole

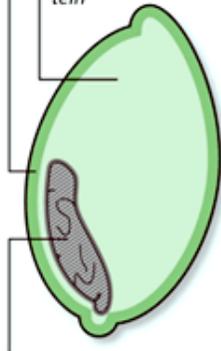
Whole grain kernel

Bran

"Outer shell" protects seed
Fiber, B vitamins, trace minerals

Endosperm

Provides energy
Carbohydrates, protein



Germ

Nourishment for the seed
Antioxidants, vitamin E, B-vitamins

Fiber, B vitamins, Iron, Magnesium, Selenium

Why whole grains?

- Reduces the risk of heart disease (soluble fiber decreases blood cholesterol)
- May reduce constipation
- May help with weight management (fills you up with fewer calories)
- Grains fortified with folate help prevent birth defects such as spina bifida. Folate fortified grains include: enriched breads, flours, cereals, cornmeal, rice, and pastas.
- Grains don't contain cholesterol.

Source: USDA's MyPyramid.gov

And in this corner...

Whole Grains

Whole wheat flour
Bulgur (cracked wheat)
Oatmeal
Whole cornmeal
Brown rice
Popcorn
Wild rice
Whole wheat cereal
Amaranth
Millet
Quinoa
Sorghum
Triticale

vs.

Refined Grains

White flour/wheat flour
Degermed cornmeal
White bread
White rice
Grits
Pasta
Pretzels
Corn flakes

Don't be deceived:

Labels that say "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "7-grain" or "bran" may not have whole grains.

Brown color of bread may be from the addition of molasses or caramel coloring, not whole grains.

Spotting Whole Grains:

A whole grain cereal has whole grains listed first on the ingredient list.

Examples: Brown rice, bulgur, graham flour, oatmeal, whole-grain corn (Kix), whole grain oats (Cheerios), whole rye, whole wheat, wild rice.

Always Check Labels!

INGREDIENTS: WHOLE GRAIN OATS, MODIFIED CORN STARCH, CORN STARCH, SUGAR, SALT, CALCIUM CARBONATE, OAT FIBER, TRIPOTASSIUM PHOSPHATE, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.
VITAMINS AND MINERALS: IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, VITAMIN D.

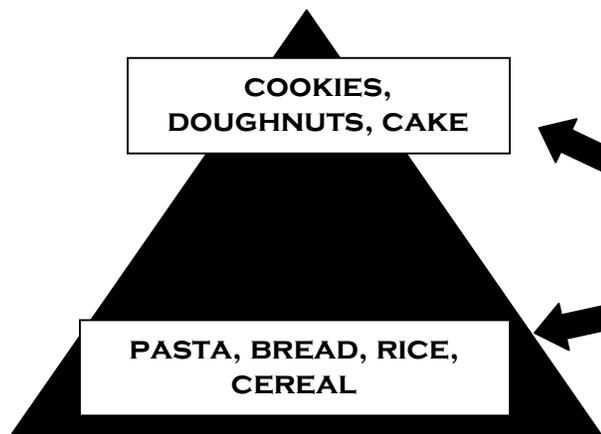
Measuring up:

No changes in serving sizes/oz. equivalents.

A serving used to be 1 slice of bread, 1 cup ready-to-eat cereal, 1/2 cup cooked rice, pasta or cereal – now these are all the same as 1 oz. of grains.

Keep in Mind:

- A cereal can be made with whole grains but not be a whole grain cereal. Example: Corn Chex.
- Some grains are made with whole grains or refined grains or a mixture. Examples: cornbread, corn tortillas, couscous, crackers, flour tortillas, noodles, pitas, pasta.



MyPyramid & Food Choices

Foods with added fat and sugars are at the top of the color band.

Nutrient-dense foods are at the bottom of the color band.

Brand names do not imply endorsement.
Information taken from USDA's MyPyramid.gov 8/05
Author: Ellen Schuster, MS, RD, University of Missouri Extension
Design: Jennifer Naegel, intern