



WHOLE GRAINS

More than whole wheat!

Whole grains contain the entire grain kernel

The grain kernel includes:

Bran

- Provides fiber.
- Rich in B vitamins and trace minerals.

Endosperm

- Packed with complex carbohydrates, protein and smaller amounts of B vitamins.

Germ

- Full of B vitamins, vitamin E, minerals, healthy (unsaturated) fats and antioxidants.

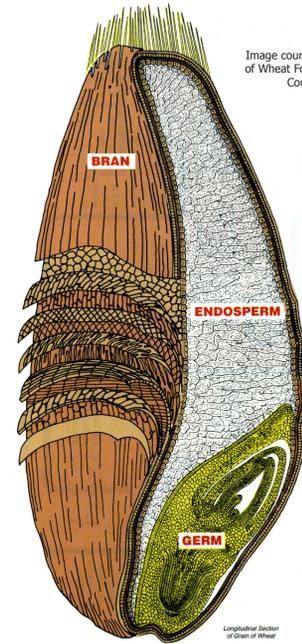


Image courtesy of Wheat Foods Council

Longitudinal Section of Grain of Wheat

Refined grains:

- Contain only the endosperm.
- Milling removes the bran and germ.
- Many nutrients are lost during the milling process.
- Only some nutrients (lost in milling) are put back into enriched products.

Examples of whole grains

- Whole-wheat flour
- Bulgur (cracked wheat)
- Buckwheat
- Oatmeal
- Brown rice
- Popcorn
- Whole rye
- Whole-grain corn or cornmeal
- Whole-grain barley

Less common whole grains:

- Amaranth
- Millet
- Quinoa
- Sorghum
- Triticale



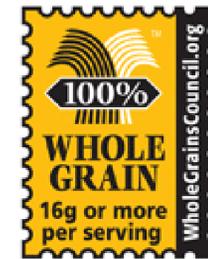
Why should I eat whole grains?

- Good source of many nutrients, including B vitamins, vitamin E, iron and magnesium.
- Good source of antioxidants, which help protect against some cancers.
- Source of complex carbohydrates.
- Low-fat.
- No cholesterol.
- Good source of fiber.



How can I tell if it's whole grain?

- Read the ingredient list on the package.
- The first ingredient should be a whole grain. For example: Whole-wheat flour is a whole grain; wheat flour is not.
- Choose items with a higher % Daily Value (% DV) for fiber.
- Fiber indicates a whole-grain product.
- Don't be fooled by color! Molasses and other added ingredients can color products.
- Whole-grain foods may be light in color (such as oats).
- Some products feature the whole-grain stamp.



It's easy to eat more whole grains!

- Try 100% whole-wheat bread instead of white bread.
- Substitute brown rice for white rice.
- Use whole-wheat macaroni.
- Add barley to vegetable soup or stew.
- Use whole-wheat bread or crackers in meatloaf.
- Bread chicken or fish with unsweetened whole-grain cereal.
- Snack on popcorn or whole-grain cereal.
- Use whole-grain flour or oatmeal in cookies and other baked treats.



These usually are not whole grains:

- Multi-grain
- 100% wheat
- Stone-ground
- Pumpernickel
- Cracked wheat
- Seven-grain
- Bran

Many of these products have grains and wheat flour, but they do not have whole grains or whole-grain flour.

Make half your grains whole

The average adult should eat about 3 ounces of whole grains every day. One ounce of whole grains can include:

- 1 slice 100% whole-wheat bread.
- 1 cup whole-grain ready-to-eat cereal.
- ½ cup cooked brown or wild rice, whole-grain pasta or cereal.



Whole grains help reduce the risk of:

- High blood pressure
- Heart disease
- Bowel disorders (constipation and diverticulosis)
- Diabetes
- Cancer
- Stroke
- Obesity



This display was developed by:
Pattie Jones, SE Region Nutrition Program Assistant
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