What's the Big Deal About Whole Grains?

You may have heard that eating whole grains is good for your body. But what is a whole grain? Why is it good for you? How can you eat more whole grains? Find the answers! Read, then take the Whole Grains Quiz...

- Wheat, rice, oats, cornmeal, and barley are examples of grains. Bread, tortillas, pasta, oatmeal, and breakfast cereals are made from grains.
- There are two types of grains — whole grains and refined grains. Whole grains contain the entire grain kernel, the bran, germ, and husk.
- When you eat foods made from whole grains, you are eating vitamins, minerals, and fiber. This helps you be healthy, feel good, and reduce your risk for cancer.
- Remember whole grains are just a part of your meals. Have plenty of vegetables, and some fruit and protein.
- Sometimes it's hard to figure out if a food is made of whole grains.
- Foods marked **multi-grain, stone-ground, 100% wheat, cracked wheat, seven grain or bran** are usually **not** 100% whole-grain products. They may not contain any whole grain.
- Read the ingredients list on the package. Choose foods that name a whole grain ingredient **first** on the list: **whole wheat, whole grain, brown rice,** or **whole oats.**
- You can eat more whole grains for **breakfast**: eat oatmeal instead of frosted, sugary cereal.
- You can eat more whole grains for **lunch**: eat a sandwich made from whole wheat or whole grain bread instead of white bread.
- You can eat more whole grains for **supper:** eat brown rice or wild rice instead of white rice. Or eat a corn or whole wheat tortilla instead of a white flour tortilla.
- You can eat more whole grains for a **snack**: eat popcorn or whole wheat crackers instead of chips.

Take the Whole Grains Quick Quiz!

1. Circle two foods that **are** whole grain: brown rice wheat bread popcorn

2. What is bread called that is made from 100% whole grain?

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3. Where can you check to see if a food is made with whole grain?

_____

4. Write down one whole grain food you can eat for each meal:

a. Breakfast _____

b. Lunch _____

c. Supper _____

ANSWERS:

1. Brown rice, popcorn.
2. Whole wheat bread or whole grain bread.
3. The ingredients label on the food package.
4. a. oatmeal
   b. sandwich made with whole wheat bread
   c. brown rice, wild rice, or a whole wheat tortilla

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