



HOW TO FIND WHOLE GRAIN FOODS



Read the Ingredients

You'll know it's whole grain if the words "**whole**" or "**whole grain**" are before the grain name in the ingredient list. Whole grain foods will list a whole grain such as wheat, oats, corn or rice as the first ingredient.

Good source of whole grain

Ingredients: **Whole wheat flour**, Water, gluten, corn syrup, honey soybean oil, yeast

Poor source of whole grains

Ingredients: Wheat flour, water **whole wheat flour**, corn syrup, honey, soybean oil, yeast

What Are Whole Grain Foods?

Breakfast Cereals

- The first ingredient is a grain, such as wheat, oats, rice or barley, with the word "whole" or "whole grain" before the grain name
- A whole grain health claim is on the package: "*In a low fat diet, whole grain foods like TOTAL may reduce the risks of heart disease and some cancers.*"



Bread

- A whole grain flour is the first type of flour listed in the ingredient list
- Wrapper says, "100% Whole Wheat"

Rice And Pasta

- Brown rice is the only whole grain rice
- Whole grain pasta

The Truth About Whole Grains

- On labels, “wheat flour” is another name for white flour.
- Even though some foods are processed, such as crackers and ready-to-eat cereals, they can still be great sources of whole grains.
- Products labeled multi-grain, stone-ground, 100% wheat, cracked wheat, 7-grain, pumpernickel, organic, or bran may have little or no whole grain.
- A darker color does not mean that a product is whole grain. Bread is often brown because molasses has been added. Other foods that are whole grain may not be brown (Cheerios).

Most people should eat 6 ounces of grains per day with at least half being whole-grain products.



What Equals 1 Ounce of Grains

- ✓ 1 cup dry cereal labeled whole grain
- ✓ 1 slice of whole grain bread or 2 ten inch tortillas
- ✓ 5 whole wheat crackers
- ✓ ½ cup cooked brown rice/whole grain pasta
- ✓ 2 small pancakes (3” diameter) made with whole grain flour
- ✓ ½ cup cooked oatmeal
- ✓ 7 square or round whole wheat crackers
- ✓ ½ whole wheat English muffin



Easy Ways To Add Whole Grains To Your Diet

- 1) Buy whole grain breakfast cereals.
- 2) When you make spaghetti, macaroni, or lasagna noodles, try whole grain pasta.
- 3) Use brown rice in place of white rice or use a mix of brown and white.
- 4) When you make bread, muffins, biscuits, pancakes, or waffles, use half whole-wheat flour and half white flour.