



Make Half Your Grains Whole



The new 2005 Dietary Guideline recommendations for grains, is to eat 6 ounces of grains each day and make at least half your grain choices whole-grain.* Whole grain foods have the word “whole” in front of the grain that is listed in the ingredients on the food label.

Grains have a new name for servings

servings **ounce-equivalent**

1 ounce =



1 slice of bread



1 cup of breakfast cereal



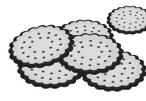
1/2 cup of cooked rice, cereal or pasta

Activity 1 Benefits of Eating Whole Grains

Directions: All of the statements below are true. Please read each statement and place a check mark (✓) next to all that are new information to you.

- Whole grains contain carbohydrates which gives the body energy, B Vitamins to help your body use the energy, protein for growth, maintenance and repair body tissues.
- Iron, in whole grains, carries oxygen to every cell in the body. Zinc helps healing and growth. Copper is for healthy blood vessels, heart tissue and bones.
- Eating whole grains may reduce the risk for, heart disease, high cholesterol, stroke, high blood pressure, type 2 diabetes, bowel disorders, diverticulosis, and some types of cancers, especially cancers of the stomach and colon.
- Whole grains contain vitamins, minerals, and literally hundreds of phytonutrients, including phytoestrogens and antioxidants. These compounds work together with fiber to play an important role in helping to reduce the risk of major chronic diseases.

**Based on 2000 calories.*





Activity 2 Fill in the blanks by using the following words:



Whole grains

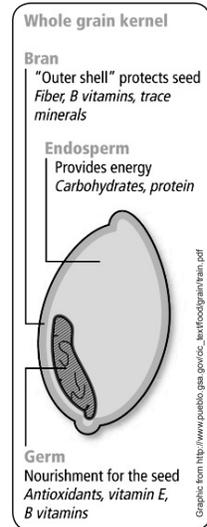
bran

folate

Constipation

germ

- _____ may help with weight management (fills you up with fewer calories).
- Whole grains have fiber which can help prevent _____.
- Grains fortified with _____ help prevent birth defects such as spina bifida.
- Whole grain foods contain the entire grain kernel - the bran, _____ and endosperm. If all three parts of the grain are present in processed foods, they are considered whole grain.
- Refined grain foods have been milled, a process that removes the _____ and germ. This process gives grains a finer texture and improves shelf life, but it also removes fiber, iron, and many other nutrients. Most refined grain foods are enriched with some of the nutrients lost in milling.



Activity 3 Ways to Add Whole Grains to Your Daily Diet

Check (✓) the suggestions that appeal to you.

- Substitute a whole-grain product for refined products you already buy – such as whole-wheat bread instead of white bread or brown rice instead of white rice.
- For a change, try whole grain pasta (macaroni, spaghetti, noodles), pancakes or waffles.
- Add whole grains to mixed dishes. Try adding barley, wild or brown rice to your favorite soup, stews, casserole or stir-fries.
- Choose whole grain, tortillas, bagels, pita pockets and rolls.
- Try substituting whole grain flour for one-fourth to one-half of the white flour called for in recipes.

Check out web site at MyPyramid.gov for additional information.

