

Enjoying WHOLE GRAINS: 3 steps for success

1. Make half your grains whole.

In the nutrition world, whole grains are “hot” – the right carbs for all the right reasons. Research has linked eating at least 3-ounces of whole grains per day with healthier weights, slimmer waistlines, less heart disease, and lower blood pressure.

That’s why MyPyramid.gov says to “*make half your grains whole.*” Need help with what’s an ounce of grains? A 1-ounce serving is about 1 regular slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked brown rice or whole grain pasta.

2. Read ingredient lists on grain products carefully.

Many food packages, like cereals, tout that they are “*made with whole grains.*” These words alone do not guarantee that the product is nutrient-rich or health enhancing. Some of these cereals are still nearly half sugar – their number one ingredient.

To get real whole grain goodness for your family, check ingredient lists carefully. Choose products that have a whole grain as the first ingredient on the list. You can also look for products that say **100% whole grain** – meaning no refined flour.

3. Explore the wide world of wholesome grains.

Whole wheat, whole oats, brown rice, and popcorn are the most familiar whole grains on American tables. Your taste buds will be glad to learn that there is a whole world of other grains waiting to be enjoyed – from amaranth and barley to quinoa and spelt.

To learn more about different grains, visit www.wholegrainscouncil.org/. You can read thumbnail sketches of grains from A-to-Z, learn about their health benefits, find general cooking directions for whole grains, and link to hundreds of simple recipes.

What will you do for a healthier YOU?

- I will check for **whole** grains on the ingredient lists of breads and cereals.
- I will try a new **whole** grain food (like a bread, cereal, or pasta) weekly.
- I will try a new **whole** grain (barley, bulgur, kamut, or spelt) monthly.
- I will _____



www.montanadieteticassociation.org/promo.html

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