

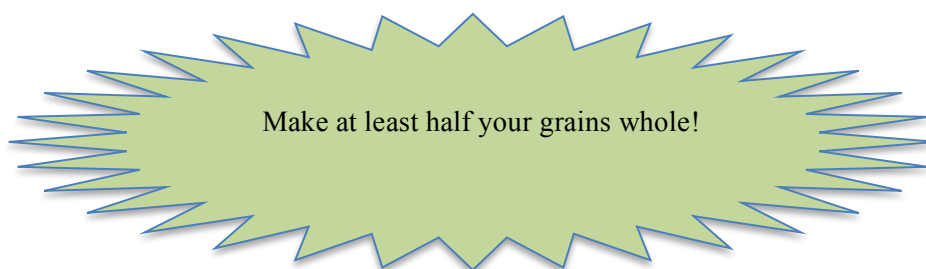
# Great Grains

Grains are an important part of a healthy diet. They are the source of many essential nutrients such as dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate) as well as minerals like iron, magnesium and selenium.

Grains are divided into two categories: whole grains and refined grains.

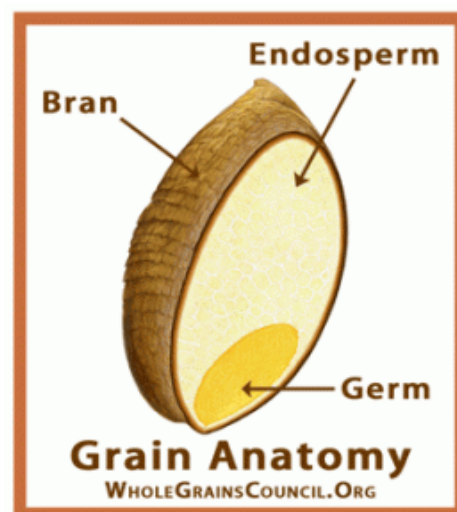
**Whole Grains Include:** Whole-wheat flour, cracked wheat (bulgur), oatmeal, whole cornmeal, brown rice, buckwheat, popcorn, and anything made from those products.

Whole grains include the entire grain kernel – the bran, germ and the endosperm.



**Refined Grains Include:** white flour and white rice, or anything made with those products.

Refined grains go through a process that strips the bran, which is the outside part of the grain where the fiber and other nutrients such as B vitamins are found.



## Why are grains refined?

Grains are refined to give a finer texture and increase their shelf life. Unfortunately, refining grains decreases dietary fiber, iron and many B vitamins which are essential for optimal health.

## **Fiber**

### **What is fiber?**

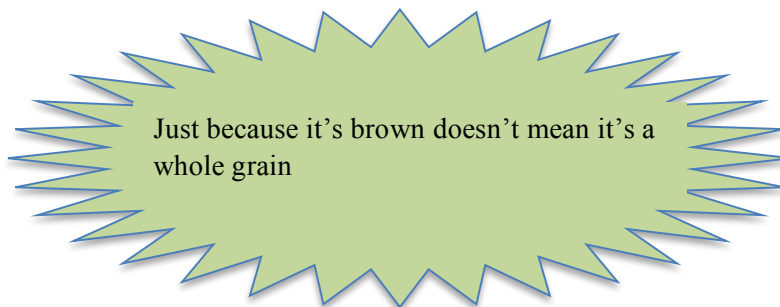
Fiber is a carbohydrates your body cannot digest. It is found in whole-grain breads and cereals, fruits like apples, oranges, bananas, berries, prunes, and pears, vegetables like green peas, broccoli, spinach, and artichokes, legumes (split peas, soy, lentils, etc.) almonds.

### **What are the benefits?**

Fiber has many benefits. Some of these include helping us feel full so we don't overeat, converting carbohydrates into energy our body can use, and to helping our nerves and brain function properly. It also helps to lower our blood pressure and cholesterol, as well as preventing heart disease and diabetes, lower blood cholesterol.

Most American's don't get enough fiber. Make sure you are getting enough fiber in your diet!

### **Make sure what you are buying is really a whole- grain.**



Trying to buy a whole grain product can be very confusing. Just because it's brown doesn't always mean it's a whole grain. The word enriched also doesn't mean it is a whole grain. Enriched grains are in fact refined and fiber is not added back to enriched grains.

### **Here's a tip:**

When buying whole wheat products look for the words *whole grain*, whole (name of the grain), and whole wheat.

Popcorn, oatmeal, and brown rice are always whole grains.

Look for the words **whole grains**, **whole (name of the grain)**, or the **whole grain stamp** to make sure what you are buying is a whole grain!

### How to make sure what you are eating is a whole grain.

Sometimes it can be tricky to see if what you are eating is in fact a whole grain.

The easiest way is to look for the whole grain stamp.

What is the difference between the basic stamp and the 100% stamp? If the product has the 100% stamp then all of the grains in the product are whole grains.



<http://wholegrainscouncil.org/whole-grain-stamp>

If the product has the basic stamp it has at least 8grams

(a half a serving) of whole grain in the product and may also contain some refined. If you find a product with a large amount of whole grain (23g, 37g, 41g etc.) it will have the basic stamp if it has extra bran, germ or refined flour in its contents.

| THE BASIC STAMP                                                                              | THE 100% STAMP                                                                               |
|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| Product may contain some extra bran, germ, or refined flour.                                 | For products where ALL of the grain is whole grain.                                          |
| Minimum requirement: 8g (8 grams) whole grain per serving. (One half serving of whole grain) | Minimum requirement: 16g (16 grams) whole grain per serving. (A full serving of whole grain) |

<http://wholegrainscouncil.org/whole-grain-stamp>

If the product doesn't have the whole grain stamp on it look at the first ingredient on the nutrition facts label for: whole wheat or whole grain wheat berries, whole grain amaranth, whole grain

quinoa, whole grain barley lightly pearled barley, brown rice (or other colored rice), bulgur or cracked wheat or grano, whole grain corn, whole cornmeal popcorn, whole grain millet, whole grain sorghum, oatmeal or whole oats, whole grain emmer, farro or spelt, whole grain buckwheat whole Kamut® grain, whole triticale wild rice or whole grain rye. If it has one of these it is most likely a whole grain.

### ***Make at least half of your grains whole grains.***

#### **Health Benefits:**

- Consuming whole grains as part of a healthy diet may reduce the risk of heart disease.
- Consuming foods containing fiber, such as whole grains, as part of a healthy diet, may reduce constipation and diverticulosis.
- Eating whole grains may help with weight management.
- Eating grain products fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.
- Consuming whole grains help reduce cholesterol.
- May lower your risk for heart disease, obesity and type 2 diabetes.

#### **How to make the switch to whole grains?**

- Eat whole grain cereal, whole-wheat bagel or toast for breakfast.
- Make a sandwich on whole grain bread or bun.
- When baking, substitute one half white flour, with whole-wheat flour.
- Add whole grains to meatloaf and meatballs.
- Serve a variety of pasta dishes, including whole grain pasta.
- Serve a variety of rice dishes, including brown rice.
- Choose healthy whole grain snacks, including whole-wheat crackers.
- Enjoy rice pudding for dessert, made with brown rice.
- Set an example for children by eating whole grains with meals or as snacks.
- Let children select and help prepare a whole grain side dish.
- Teach older children to read the ingredients list on cereals or sack food packages and choose those with whole grains at the top of the list.