

# Make Half Your Grains Whole Grains

## Whole grains help:

- Protect against many types of cancer and other diseases
- Decrease risk of heart disease
- Control weight
- Keep bowel habits regular

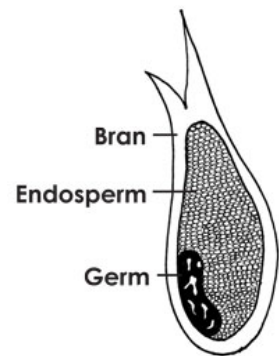
*When grains are refined, the bran and germ is removed.  
Many important nutrients are lost.*

## Examples of whole grain foods:

- Brown rice
- Barley and bulgur
- Whole grain crackers
- Whole cornmeal
- Whole grain oats, oatmeal
- Whole grain bread, pasta and tortillas

## What are whole grains?

Whole grains contain all parts of the grain (bran, endosperm and germ)



Look for the word "*whole*" listed as the first ingredient.

**Grow a healthy family! Eat whole grains!**



Try to eat 3 servings of whole grains every day.

## Ways to add whole grains:

- Choose whole grain cereals.
- Choose whole wheat bread instead of white bread.
- Replace up to ½ of the white flour with whole wheat flour in your recipes.
- Add brown rice to a casserole or soup.
- Choose whole grain pasta.
- Buy corn or whole grain tortillas instead of flour tortillas.
- Add cooked barley to soup.
- Choose whole grain crackers for snacks.

**My Grain Goal is:**