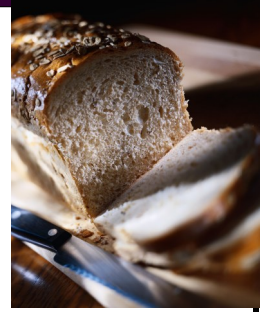


# Whole Grains

Make half or more of your grains whole grains.



A whole grain is a food made from a whole grain kernel. It must include the bran, germ and the endosperm to be a whole grain. Refined grains contain mostly the endosperm. When the whole grain kernel is used the food contains more fiber, nutrients, other vitamins and minerals that are lost when the grains are refined.

## Benefits of whole grains include:

- Reduced risk of Stroke and Heart Disease
- Reduced risk of developing Type 2 Diabetes
- Help with Weight Maintenance
- Lowered risk of Cancer  
(such as colorectal & other digestive health cancers)
- Improved health of Teeth and Gums



## Common Sources of Whole Grains:

- Breakfast Cereals
- Brown Rice (regular, quick)
- Oatmeal, whole or rolled oats
- Popcorn
- Whole Wheat
- Wild Rice
- Bulgur, Barley, Buckwheat

When choosing whole grains look at the food label. A few grams of fiber should be present when the food is a whole grain.



For More information Visit  
[www.choosemyplate.gov](http://www.choosemyplate.gov)  
[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

<b>Nutrition Facts</b>			
Serving Size 1 cup (28g)			
Children Under 4 - ¾ cup (21g)			
Servings Per Container about 14			
Children under 4 - about 19			
Amount Per Serving	Cheerios	with ½ cup skim milk	Cereal for Children Under 4
<b>Calories</b>	100	140	80
Calories from Fat	15	20	10
<b>% Daily Value**</b>			
<b>Total Fat</b> 2g*	<b>3%</b>	<b>3%</b>	1.5g
Saturated Fat 0g	<b>0%</b>	<b>3%</b>	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>	0mg
<b>Sodium</b> 160mg	<b>7%</b>	<b>9%</b>	120mg
<b>Potassium</b> 170mg	<b>5%</b>	<b>11%</b>	130mg
<b>Total Carbohydrate</b> 20g	<b>7%</b>	<b>9%</b>	15g
Dietary Fiber 3g	<b>11%</b>	<b>11%</b>	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 17g			12g
<b>Protein</b> 3g			2g



You need at least  
 3 servings/day of whole  
 grains = 48 grams

How Much?  
 1 serving = 16 grams

## Tips to increase whole grains in your day



Add whole grain muffins, cereal, bagels, waffles, pancakes or toast to your breakfast.



Use whole grain dry cereal as a snack during the day.



Try a snack mix made from whole grain crackers and cereal.



Choose a cookie made with some whole grain flour or oatmeal.



Use a whole grain tortilla to make a cheese quesadilla or for your wrap.



Try brown rice instead of white rice in your recipes.



Choose a whole grain tortilla chip with your salsa.



For a change, use whole wheat pasta for the next time you have spaghetti.



Make your sandwich on whole wheat bread. At first, you may want to use one slice white and one slice whole wheat/whole grain.

Adapted from materials from the Whole Grain Council.

The Whole Grain stamp may help make it easier to choose foods as you begin to add whole grains/whole wheat to your grocery cart.

Look for the following stamp to help you:



COMMONWEALTH OF KENTUCKY  
DEPARTMENT FOR PUBLIC HEALTH  
275 EAST MAIN STREET, HS2W-D  
FRANKFORT, KY 40621-0001  
5.5 L PAM-ACH-402 Rev. 12/15



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