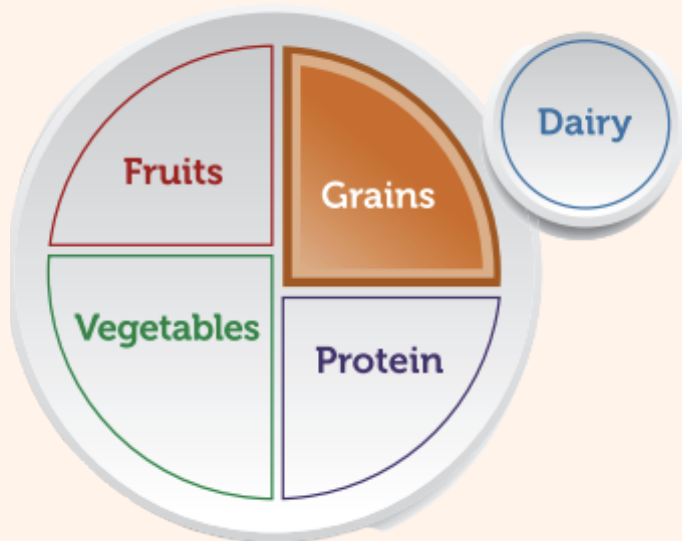


WHOLE GRAINS

Make at least half your grains whole grains



Adults and children who need 2,000 calories should eat about 6 ounces of grains each day. Three of those ounces should be whole-grain.

HEALTH BENEFITS

- May reduce the risk of heart disease
- Whole grain foods that contain fiber can support healthy digestion
- May help with weight management

TIPS

- Use whole-grain bread in sandwiches
- Mix brown rice or whole-wheat pasta with vegetables
- Check the ingredient list:
 - Look for the words “100% whole grain” or “100% whole wheat”
 - Some grains say “bran” or “100% wheat” and may not contain any whole grain
 - Brown or dark colors are not a sign that foods are made with whole grains



NUTRIENTS

Grains are important sources of many nutrients including:

- Complex carbohydrates
- Dietary fiber
- B vitamins
 - thiamin, riboflavin, niacin, and folate
- Minerals (iron, magnesium, and selenium)

FIBER

Dietary fiber from whole grains may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.

- Important for proper bowel function
- It helps reduce constipation and diverticulosis
- Help provide a feeling of fullness