

Exercise Your Right to

Eat More Whole Grains



**Whole grains...
the actual,
natural food.**

Not all grains are equal:

Whole grains are made up of three parts: the endosperm, bran, and germ. Each part contains numerous healthy components.

Refined grains lose most of the bran and germ when they are processed. Although most refined grains are enriched with some vitamins and minerals after processing, they are not as good for you as the actual, natural whole grains.

Great grain taste and so much more!

Whole grains provide your body with energy from complex carbohydrates and provide other healthy components such as:

- Dietary fiber
- Vitamins and minerals
- Antioxidants
- Phytochemicals

The whole grain advantages:

Besides being delicious and nutritious, whole grains help you:

- Feel full longer
- Manage weight
- Prevent constipation

People who eat lots of whole grains have:

- Lower blood sugar
- Lower blood cholesterol
- Lower risk of heart disease, stroke, type 2 diabetes and some cancers

See it on the label:

Finding whole grain products can be tricky. Common whole grains include whole wheat, brown rice, whole grain corn, popcorn, whole oats, rolled oats, oatmeal, whole rye, whole barley, and wild rice.

Here are some tips to help you read nutrition labels:

- Look for the word "whole" next to the grain on the package ingredients list. Ingredients are listed by weight – choose products with a whole grain as the first ingredient!
- Look at the Nutrition Facts label for dietary fiber content and compare among brands - choose the ones with a higher number of grams of fiber. Products with 2 grams (2g) are good, more is better.

Take the next step – pick a combination of at least 3 servings of whole grains every day:

1 serving of whole grains =

- 1 slice of whole grain bread
- ½ cup of cooked brown rice or whole grain pasta
- ½ cup of cooked oatmeal
- 3 cups of popped popcorn
- 1 cup of whole grain dry cereal
- 1 small piece of corn bread

The whole grain possibilities are nearly endless!

Try oatmeal for breakfast, a sandwich on whole wheat bread for lunch, brown rice with dinner, and popcorn for a snack! When baking, substitute ¼ of the white flour with whole wheat flour.