

# Make Half Your Grains Whole



**Eat at least 3 servings of whole-grain cereals, breads, crackers, pasta, or brown rice every day.**

**Choose low-fat grain products with little or no added sugars.**

- Make half (3 servings) of these whole-grain products.

**Eat about 6 servings of grain products every day.**

**A serving of grain is:**

- 1 slice of bread (1 oz.)
- 1 oz. dry pasta or rice
- 1/2 cup cooked rice, pasta, or cooked cereal
- 1 small muffin (1 oz.)
- 1 cup ready-to-eat cereal flakes
- 7-inch flour tortilla (1 oz.)

**Whole-grain foods are good sources of fiber.**

- For example, a half-cup serving of ready-to-eat bran cereal has 8 grams of fiber. A healthy adult female should eat about 25 grams and a healthy adult male about 38 grams of fiber each day.

**Identify whole-grain products by reading the ingredients listing on the food label.**

- Whole grains cannot be identified by the color of the food.
- The whole grain should be listed first in the ingredients listing.
- If you eat only whole grains, some of those choices should be folate-fortified such as ready-to-eat breakfast cereals fortified with folic acid.

**Add flavor to grains without adding fat.**

- Cook grains in broth or tomato juice.
- Add garlic, onions, celery, carrots, or mushrooms to rice or pasta.
- Season grains with herbs and spices such as curry powder, cumin, thyme, or mace.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)