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.