

Know Your Whole Grains

1. The bran, endosperm and germ make up the whole grain. **T or F**
2. Keep whole wheat flour in the freezer to keep it fresh. **T or F**
3. Look for the last ingredient on the label to be a whole grain. **T or F**
4. Multi-grain and seven-grain bread are always 100% whole grain bread. **T or F**
5. You can tell if a food is whole grain by the food ingredient list. **T or F**
6. Popcorn counts as a whole grain. **T or F**
7. All “brown breads” are whole grain. **T or F**
8. MyPyramid says, “make half your grains whole.” Choose whole grains like brown rice, whole wheat bread, oatmeal or whole grain cereal more often. **T or F**

What changes can you make to add more whole grains to your diet?

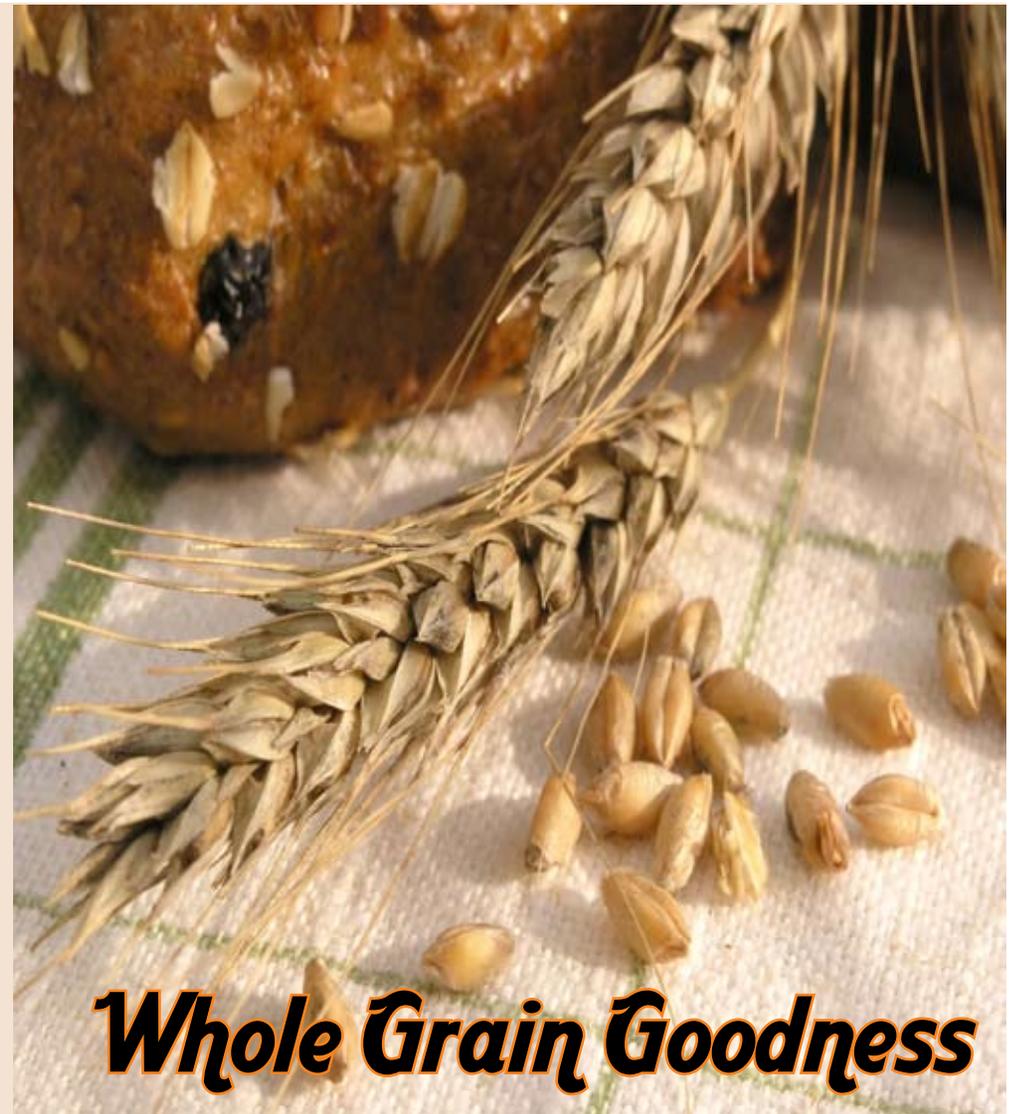
Answers:

1. True 2. True 3. False 4. False 5. True 6. True 7. False 8. True



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For good health,
www.mypyramid.gov
recommends that **half**
the grain foods you eat
should be **whole grains**.

How are Whole Grains and Refined Grains Different?

Whole grain foods contain all three parts of the grain -- the germ, bran and endosperm.



Refined grains are milled to remove the germ and bran, but most refined grains are enriched with B vitamins and iron added back. Fiber is not always added back.

Refined grain products include white bread, white flour and white rice.

Tip!

Grain foods help lower the risk of many major diseases.

Not all Brown Breads are Whole Grain

Food products labeled with words such as . . .

wheat flour
multi-grain
stone-ground
100% wheat
bran or added bran
cracked wheat. . .
are usually NOT whole-grain products.

Read the Label!

A WHOLE GRAIN should be listed as the first ingredient.

INGREDIENTS: Whole Wheat Flour, Water, Wheat Gluten, High Fructose Corn Syrup, Yeast, Cracked Wheat, Salt, Partially Hydrogenated Soybean Oil, Honey

What are Some Common Whole Grains?

whole wheat – whole wheat flour
whole oats – oatmeal
popcorn
brown rice
bulgur
buckwheat

Tip!

Whole grains are packed with healthy nutrients – B vitamins, minerals and dietary fiber. They also provide a feeling of fullness!

Easy Ways to Add More Whole Grains

- ▲ Substitute half the white flour with whole wheat flour in your regular recipes for cookies, muffins, quick breads and pancakes.
- ▲ Add 3/4 cup uncooked oats for each pound of meat when you make burgers or meatloaf.
- ▲ Choose whole wheat pasta, tortillas, bread and bagels.
- ▲ Offer kids whole grain pita bread or tortillas for sandwiches or snacks.
- ▲ Enjoy popcorn!
- ▲ Pick a ready-to-eat or ready-to-cook whole grain cereal for a quick and easy breakfast or snack.
- ▲ Add wild or brown rice to casseroles, stews and soup.
- ▲ Stir whole-grain granola or oats into yogurt for a quick snack.
- ▲ Make trail mix using whole grain cereal, cereal o's and squares, dried fruit and nuts.

Tip!

Keep your whole wheat flour in the refrigerator or freezer to keep it fresh tasting. The germ contains healthy oils that may become rancid or spoil if stored on the shelf.