

The truth about whole grain-

US government has recommended at least 3 servings of whole grains per day. So what are whole grains-?

- most packaged foods are refined- processing that takes away the bran (the outer layer of the grain that contains fiber, vitamins and mineral) and the germ (the antioxidant/vitamin rich core) what remains is the endosperm that is mostly carbohydrates.
- Whole Grain Stamp Program created by the Whole Grain Council started this labeling program to help educate consumers and encourage them to incorporate whole grains into their diet. A good source of whole grain with 8-15 grams whole grain per serving provides at least a ½ serving of whole grain. An excellent source with 16 grams + of whole grain per serving provides at least one whole serving of whole grain. (the USDA definition of whole grain serving, which is 16 grams of whole grain flour in a grain food. The recommended amount of whole grain in a day is 48 grams.
- The ounce equivalent is new to the 2005 Dietary Guidelines and MyPyramid- the new description for the total amount of grains recommended for each day (previous description was servings) One ounce is equal to 1 slice of bread, ½ mini bagel or English muffin , 1 small muffin, 1 cup RTE cereal flakes or 1 ¼ cup puffed cereal, ½ c cooked cereal, 1 whole grain pancake, ½ c cooked rice or pasta or 5 whole grain crackers
- To insure you are getting whole grain- read the information label:
 - o First item listed is a whole grain (it must include the word “whole”)
 - o Look for the health claim on the front panel
- Fiber content- at least 3 grams of fiber for a slice of bread and 5 or more per serving of cereal. Fiber is not the indicator of whole grain: 100 grams of Whole wheat has 12.2 gm of fiber, 100 gm of whole oats have 10.3 gm of fiber, 100 grams of whole corn meal has 7.3 gm of fiber and 100 grams of brown rice has 1.8 gm of fiber. There are high fiber foods that are not whole grain- such as bran cereals.
- Do not be fooled by food labeled as “multi-grain” or “100% wheat” or “high Fiber”, they are not necessarily whole grain. Look for whole grain near the top of the ingredient listing. Such as “whole wheat” or “whole oats”.
- Looking for ways to get your 3 servings of whole grains in a day? Try these suggestions:
 - o Eat a breakfast cereal with the whole grain stamp on it with fruit.
 - o Try a new whole grain side dish: brown rice, barley, kasha, buckwheat
 - o Replace white bread and flour tortillas with whole grain bread and whole wheat or corn tortillas, also try whole grain pita bread and rolls
 - o Try whole wheat pasta
 - o For a whole grain snack, try popcorn, whole grain granola bars, yogurt topped with whole grain cereal, or cheese and whole grain crackers
 - o Replace half of the regular flour with whole wheat flour in pancakes, quick breads, waffles and muffins.

- **Look for these whole grains:**
 - **Brown Rice**
 - **Buckwheat**
 - **Bulgar (cracked wheat)**
 - **Oatmeal**
 - **Popcorn**
 - **Amaranth**
 - **Millet**
 - **Quinoa**
 - **Sorghum**
 - **Triticale**
 - **Whole grain barley and cornmeal**
 - **Wild rice**
 - **Whole rye**
 - **Whole wheat bread, crackers, pasta, rolls, tortillas, cereal flakes**
 - **Muesli**