

# MAKE HALF YOUR GRAINS WHOLE

## How to get more whole grains

- Buy 100% whole-wheat bread instead of white bread.
- Use brown rice instead of white rice.
- Use whole-wheat pasta.
- Add barley to soup or stew.
- Use whole wheat bread or crackers in meatloaf.
- Have popcorn or whole-grain cereal as a snack.

## How much should you eat?

The average adult should eat about 3 ounces of whole grains every day.

## One ounce of whole grain can include:

- 1 slice of 100% whole-wheat bread
- 1 cup whole-grain ready-to-eat cereal
- ½ cup cooked brown rice, wild rice, whole grain pasta or cooked cereal

## Refined grain

Refined grains contain only the endosperm. This means you don't get all the vitamins, minerals and fiber from the bran and germ.

## Whole grain

Whole grains contain all three parts of the grain kernel.

### Bran

Provides fiber, antioxidants and B vitamins

### Endosperm

Provides carbohydrates, protein and smaller amounts of B vitamins

### Germ

Provides B vitamins, vitamin E, minerals, healthy fat and antioxidants



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