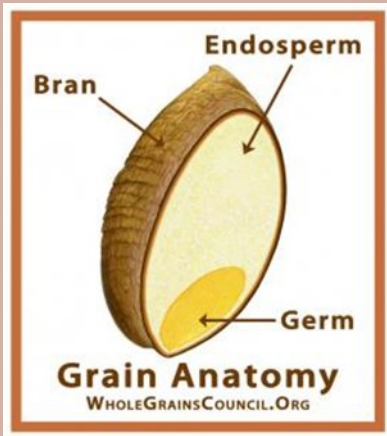




Healthy Whole Grains

Which foods are considered whole grains?

- Amaranth
- Barley
- Buckwheat
- Corn (including whole cornmeal)
- Millet
- Oats
- Quinoa
- Rice (brown and wild)
- Rye
- Wheat (including bulgur, cracked wheat, wheat berries)



What are whole grains?

Whole grains and foods made with whole grains use the entire grain seed including the germ, endosperm, and bran.

Why should I try to eat more whole grains and what are the health benefits?

Whole grains benefit your health in many ways. They contain many important nutrients necessary to keep bodies healthy, including protein, fiber, magnesium, iron, selenium, and several B vitamins. Since all sources of whole grains don't contain the same amount of nutrients, it is important to eat a variety.

Whole grains take longer to digest and make you feel full longer. They also release into your blood stream more slowly, which is good, especially for those with diabetes.

Many studies have shown that an increased consumption of whole grains helped reduced the risks of heart disease, type 2 diabetes, and stroke. Whole grains have also been credited with assisting with better weight management.

What can I substitute to add more whole grains to my diet?

- Substitute half white flour for whole wheat flour in quick bread, muffin, pancake, and cookie recipes.
- Replace oats in cookie recipes for about 1/3 the total amount of flour.
- Add barley or wheat berries to soup or salad.
- Use whole cornmeal in cornbread or corn muffins.
- Add oats to meatloaf, burgers, and meatballs.
- Serve whole grain hot cereals instead of highly processed, sugar-laden breakfast cereals.
- Purchase whole grain versions of bread, rolls, tortillas, bagels, pasta, and rice.
- Make a whole wheat pizza crust.

For more information and recipes visit <http://wholegrainscouncil.org/>

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