

Employee Worksheet

Whole Grain Tips

Fit & Fun Families

Winning with Whole Grains

MyPyramid and Dietary Guidelines for Americans recommend that you choose half your daily grain servings as whole grains. Whole grains give you a taste and health boost!

What?

Whole grains include:

- Whole wheat
- Corn
- Millet
- Rye
- Oats
- Sorghum
- Brown rice, wild rice

Whole grain products include:

- **Breads:** Products which list “whole” in the first ingredient - whole wheat breads, whole wheat pita bread, whole wheat hamburger buns.
- **Crackers:** Triscuits[®], and some rye crisps breads in which “whole rye” is listed in the first ingredient, such as RyKrisp[®] or Ryvita[®].
- **Breakfast Cereals:** Oatmeal, grits, shredded wheat, some raisin brans, All Bran[®], Total[®], Product 19[®], and Wheaties[®].
- **Snacks:** Popcorn, popcorn cakes, rice cakes, some tortilla chips, whole grain granola bars.
- **Grain dishes:** Whole-wheat pastas, rice labeled “brown rice”, kasha, bulgur, tabbouleh salad.
- **Other:** Some pancake mixes, whole wheat flour, cornmeal.

Sources: *The Wheat Foods Council, and The American Dietetic Association, Nutrition Fact Sheet - Go with Whole Grains for Fiber, Whole Grain Pantry Checklist*

Do you know?

Enriched grains are fortified with iron and B vitamins and while not the same as whole grains, also have health benefits. Folate added to enriched grains helps decrease the risk of birth defects, strokes, and Alzheimer's disease.

Source: The Wheat Food Council



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How?

How do you know if the products you purchase are good sources of whole grain?

At this point there is no clarification on the amount of whole grain a product should have to qualify as a “good” or excellent source. Many food companies are voluntarily displaying a “Whole Grain Stamp” developed by The Whole Grains Council. The stamp has a golden yellow background with a bold black border and includes the grams of whole grain for a food product serving.

Do you know?

Whole grains are rich sources of fiber, antioxidants, B vitamins and minerals. Whole grains reduce the risk of heart disease, stroke, diabetes, obesity, and cancer.

Source: The Wheat Foods Council

How?

How do you know if you are getting enough whole grain?

- The amount you need varies with the total number of daily grain servings recommended. Most adults should have 6 or more servings (ounces) of grains a day. Examples of one grain serving include 1 slice bread, 1 cup cereal, or 1/2 cup cooked rice or pasta. Choose at least *half* your grains servings as **whole** grain.
- Choose foods with the word “whole” before grain as the first ingredient on a food label.
- Include a whole grain food in most meals and snacks.

How?

How easy is it to include whole grains during the day? Use these easy snack and meal ideas to help you get started with going the “WHOLE” way!

For snacks

- Choose lower fat *whole grain crackers* with apple slices or yogurt.
- Build a low-fat trail mix that includes *whole grain cereals*.
- Team up a slice of low fat cheese with toasted *whole grain* or *rye bread*.
- Pair *whole wheat crackers* with low fat string cheese.
- Enjoy low fat *popcorn* and baby carrots.



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For meals

- Choose *oatmeal* for breakfast.
- Try low fat *cornbread* for breakfast, lunch or dinner.
- Be adventurous, try *tabbouleh* salad.
- Stuff a red or green pepper with lean ground beef, *brown rice* or *bulgur*, and seasonings.
- Choose *whole grain pasta*.
- Serve *wild rice* as a side dish.
- Make sandwiches with *whole grain, pumpernickel, or rye bread*. If you need to ease into the taste of whole grain gradually, make your sandwich with 1 slice of refined bread and 1 slice of whole grain bread.
- Choose recipes with *corn tortillas*.

Resources

Wheat Foods Council

www.wheatfoods.org

Whole Grains Council

www.wholegrainscouncil.org

MyPyramid

www.mypyramid.gov

Dietary Guidelines

www.healthierus.gov/dietaryguidelines

Make Half Your Grains Whole!

If you are not choosing at least half your grains as whole, write a goal to increase whole grains in your daily diet. To achieve your goal, use ideas in this tip sheet, or write ideas of your own.

Note: To reach your ultimate goal, take small steps that are easy to achieve. For example, if your whole grain intake is almost nonexistent, start small, by adding whole grains 3-4 times per week.

My goal: _____

Things I can do to achieve my goal: _____

