



Food Group Focus: Make Half Your Grains Whole

Foods made from grains are part of a healthy meal plan. Grain foods provide good sources of carbohydrates, B vitamins, trace minerals and fiber. The USDA's *MyPlate* recommends that you make half of your daily servings of grains whole grain foods - choose whole grain bread, cereals, crackers, pasta or brown rice everyday.

There are two classes of grains foods: whole grains and refined grains. Whole grains contain the entire grain seed – germ, bran and endosperm. Refined grains are made from milled flour like white bread, white rice, and degermed cornmeal. Whole grain foods are higher in fiber and other protective substances like antioxidants and phytochemicals compared to refined grains. Eating whole grain foods can help reduce the risk of heart disease and certain cancers. Whole grains may also play a role in helping people manage their weight and diabetes. Choose foods that list whole grains *first* in the label's ingredient list.

Whole Grain Foods	
<ul style="list-style-type: none"> ▪ Brown rice ▪ Bulgur (cracked wheat) ▪ Whole grain corn meal ▪ Oatmeal ▪ Popcorn ▪ Quinoa 	<ul style="list-style-type: none"> ▪ Whole barley ▪ Whole cornmeal ▪ Whole rye ▪ Whole oats ▪ Whole wheat bread, pasta, crackers & tortillas

How Much Do I Need?

The amount of grains you need each day depends on your age, gender and activity level. Look at the chart below to find the recommended amount of grains for you. Remember to make half your grains whole.

Age		Daily Recommendation*	
		(ounce equivalents)	
		Total Daily	Whole Grains
Children	2 to 3 years	3	1 ½
	4 to 8 years	5	2 ½
Girls	9 to 13 years	5	3
	14 to 18 years	6	3
Boys	9 to 13 years	6	3
	14 to 18 years	8	4
Women	19 – 30 years	6	3
	31 – 50 years	6	3
	51+ years	5	3
Men	19 – 30 years	8	4
	31 – 50 years	7	3 ½
	51+ years	6	3

*Amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities. You may need more grains depending on higher amounts of physical activity. Visit www.myplate.gov for more information.

What Counts As An Ounce Equivalent of Grains?

Food	One Ounce of Grains is Equal To:	Common Portions and Ounce Equivalents
Bagels <ul style="list-style-type: none"> ▪ <i>100% whole wheat*</i> ▪ Plain, egg, raisin 	<ul style="list-style-type: none"> ▪ 1 mini-bagel 	<ul style="list-style-type: none"> ▪ 1 large bagel = 4 ounces
Biscuits <ul style="list-style-type: none"> ▪ Buttermilk 	<ul style="list-style-type: none"> ▪ 1 small (2-inch diameter) 	<ul style="list-style-type: none"> ▪ 1 large (3-inch diameter) = 2 ounces
Breads <ul style="list-style-type: none"> ▪ <i>100% whole wheat*</i> ▪ White, wheat, French, sourdough 	<ul style="list-style-type: none"> ▪ 1 regular slice ▪ 1 small slice French ▪ 4 snack-size slices rye bread 	<ul style="list-style-type: none"> ▪ 2 regular slices = 2 ounces
Bulgur <ul style="list-style-type: none"> ▪ <i>Cracked wheat*</i> 	<ul style="list-style-type: none"> ▪ ½ cup cooked 	<ul style="list-style-type: none"> ▪ 1 cup cooked = 2 ounces
Cornbread	<ul style="list-style-type: none"> ▪ 1 small (2½ x 1¼ x 1¼-inch) piece 	<ul style="list-style-type: none"> ▪ ½ medium (2½ x 2½ x 1¼-inch) piece = 2 ounces
Crackers <ul style="list-style-type: none"> ▪ <i>100% Whole wheat, Rye*</i> ▪ Saltines, snack crackers 	<ul style="list-style-type: none"> ▪ 5 whole wheat crackers ▪ 2 rye crisp breads ▪ 7 square or round crackers 	
English Muffins <ul style="list-style-type: none"> ▪ <i>100% whole wheat</i> ▪ Plain, raisin 	<ul style="list-style-type: none"> ▪ ½ muffin 	<ul style="list-style-type: none"> ▪ 1 muffin = 2 ounces
Muffins <ul style="list-style-type: none"> ▪ <i>100% whole wheat</i> ▪ Bran, corn, plain 	<ul style="list-style-type: none"> ▪ 1 small (2 ½-inch diameter) 	<ul style="list-style-type: none"> ▪ 1 large (3 ½" diameter) = 3 ounces
Oatmeal	<ul style="list-style-type: none"> ▪ ½ cup cooked ▪ 1 packet instant ▪ 1 ounce (1/3 cup) dry, regular/quick 	
Pancakes <ul style="list-style-type: none"> ▪ <i>Whole wheat, buckwheat</i> ▪ Buttermilk, plain 	<ul style="list-style-type: none"> ▪ 1 pancake (4½-inch diameter) ▪ 2 small (3-inch diameter) pancakes 	<ul style="list-style-type: none"> ▪ 3 pancake2 (4½-inch diameter) = 3 ounces
Popcorn*	<ul style="list-style-type: none"> ▪ 3 cups popped 	<ul style="list-style-type: none"> ▪ 1 mini microwave bag or 100-calorie bag, popped = 2 ounces
Ready-to-eat Breakfast cereal <ul style="list-style-type: none"> ▪ <i>Toasted oat, whole wheat flakes*</i> ▪ Cornflakes, puffed rice 	<ul style="list-style-type: none"> ▪ 1 cup flakes or rounds ▪ 1¼ cup puffed cereal 	
Rice <ul style="list-style-type: none"> ▪ <i>Brown rice, wild rice*</i> ▪ Enriched, white, polished 	<ul style="list-style-type: none"> ▪ ½ cup cooked ▪ 1 ounce dry 	<ul style="list-style-type: none"> ▪ 1 cup cooked = 2 ounces
Pasta <ul style="list-style-type: none"> ▪ <i>Whole wheat*</i> ▪ Enriched, durum 	<ul style="list-style-type: none"> ▪ ½ cup cooked ▪ 1 ounce dry 	<ul style="list-style-type: none"> ▪ 1 cup cooked = 2 ounces
Tortillas <ul style="list-style-type: none"> ▪ <i>Whole wheat, whole grain corn*</i> ▪ Flour, corn 	<ul style="list-style-type: none"> ▪ 1 small flour tortilla (6" diameter) ▪ 1 corn tortilla (6" diameter) 	<ul style="list-style-type: none"> ▪ 1 large (12-inch, burrito size) tortilla = 4 ounces

*Italics denotes whole grain choices.

Tips To Make Half Your Grains Whole

For Breakfast

- Choose whole grain cereal made from wheat, oats and barley. Good choices include toasted oats, shredded wheat, bran flakes or wheat Chex.
- Try a hot cereal like oatmeal, wheat bulgur or oat bran.
- Use whole-wheat flour for half the white flour when making muffins, breads and pancakes.

For Lunch

- Use whole wheat bread, bagels, tortillas and pita bread for sandwiches.
- Garnish soups with unsweetened whole grain ready-to-eat cereals instead of crackers.
- Add whole grains like barley, brown rice and whole wheat couscous to a garden salad.

For Dinner

- Use pearl barley, brown rice or whole wheat couscous in recipes instead of pasta or white rice. Add to soups, casseroles and stuffing.
- Make whole grains your main course by topping them with vegetables, meat or cheese.
- Add leftover grains to soups or casseroles. Or marinate cooked grains in your favorite dressing and toss into salads.
- Cook grains with apple juice, dried fruit and sweet spices for a satisfying dessert.

For Snacks

- Try granola made from whole oats.
- Munch on whole-wheat crackers and low-fat popcorn.
- Make your own tortilla using corn tortillas or whole wheat tortillas. To make, coat each tortilla with cooking spray, cut into triangles and bake for 10 minutes or until chips. Pita chips can also be homemade using whole wheat pita bread.
- Choose snack mixes made with whole grain cereals like toasted oats or wheat squares.

Grain Group: GO, SLOW, WHOA

An easy way to make smart and nutritious choices within each food group is to use the “Go, Slow, Whoa” concept. **GO** foods are the most “nutrient dense.” **SLOW** foods are higher in calories, fat and sugar than **GO** foods. **WHOA** foods may be high in calories, fat and sugar and offer little nutritional value.

Food Group	GO Eat almost anytime, based on calorie needs	SLOW Eat sometimes, at most several times a week	WHOA Eat only once in a while or on special occasions
Grains	Whole-grain breads, pita bread, tortillas, and pasta; brown rice, hot and cold unsweetened whole-grain breakfast cereals.	White refined flour bread, rice and pasta; French toast; taco shells, cornbread; biscuits, waffles and pancakes.	Croissants; muffins, doughnuts, sweet rolls, cookies, sweetened breakfast cereals, crackers made with trans fats.

Turn learn more about “Go, Slow Whoa Foods,” visit www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/go-slow-whoa.htm.

Healthy Whole Grain Recipes

Bulgur Pilaf

Wheat bulgur is quick cooking and high in fiber. It has a slightly nutty flavor and chewy texture. Look for it in the hot cereal or health food section of most large grocery stores.

2 teaspoons canola or vegetable oil	1 cup wheat bulgur
½ cup chopped onion	2 cups low sodium chicken or vegetable broth
1 medium carrot, shredded	¼ tsp. freshly ground pepper

1. Heat oil in a medium sauce pan. Add onion and sauté for about 5 minutes or until it begins to turn golden. Stir in the carrot and bulgur. Cook for 1-2 minutes.
2. Add the broth and pepper. Cover pan, reduce heat to low, and simmer the pilaf for about 20 minutes or until all the liquid is absorbed.

Makes 4 servings. *Per serving: 170 calories, 3.5 gm fat, 7 gm protein, 30 gm carbohydrate, 7 gm fiber, 2 mg cholesterol, 29 mg calcium, 1 mg iron, 67 mg sodium.*

Granola with Apricots and Cranberries

A great way to start your day with whole grains.

4 cups regular oats	1/3 cup molasses
½ cup sliced almonds	1/3 cup water
1 teaspoon cinnamon	1 cup chopped dried apricots
¼ teaspoon salt	1 cup dried cranberries
1/3 cup honey	cooking spray
2 tbsp. oil	

1. Preheat oven to 325°. Spray a 15x10x1-inch baking pan with cooking spray.
2. In large bowl, combine oats, almonds, cinnamon and salt. Set aside.
3. In medium saucepan, combine honey, molasses, water, and oil. Bring to a boil. Remove from heat; pour over oat mixture, stirring well to coat.
4. Spoon mixture into prepared baking pan; spread evenly. Bake in 325° until lightly toasted, stir every 10 minutes for 40 minutes. Remove from oven and stir in apricots and cranberries. Cool completely and store in an airtight container. Makes 6 cups.

Makes 12 servings (6 cups). *Per ½ cup serving: 177 calories, 5 gm fat, 2 gm protein, 33 gm carbohydrate, 2 gm fiber, 5 gm fat, 0 mg cholesterol, 56 mg calcium, 2.2 mg iron, 54 mg sodium.*

Speedy Mexican Brown Rice

½ cup chopped onion, fresh or frozen	3 cups cooked brown rice
¼ cup chopped green bell pepper	1 jar (16 ounce) salsa
1 teaspoon ground cumin	2 cups frozen corn
1 teaspoon chili powder	1 can (15 ounces) black beans, drained and rinsed

1. Spray a large skillet with cooking spray. Add onion and green pepper; sauté for 2 to 3 minutes.
2. Add cumin and chili powder; sauté for 2 to 3 minutes.
3. Add cooked rice, salsa and corn; stir to combine; cover. Heat on medium for 5 minutes.
4. Add black beans. Cover and cook an additional 5 minutes or until heated through.

Makes 8 servings. *Per 1 cup serving: 183 calories, 1 gm fat, 6 gm protein, 36 gm carbohydrate, 5 gm fiber, 0 mg cholesterol, 319 mg sodium.*