

Make Half Your Grains Whole



EATING SMART
BEING ACTIVE

Whole grains have fiber, vitamins, and minerals which keep us healthy.

What makes it a whole grain?



Whole Grains

- Whole grain bread
- Whole wheat pasta
- Most ready-to-eat cereals
- Whole wheat tortillas
- Brown or wild rice
- Oatmeal
- Whole grain barley



Refined Grains

- White bread
- Most pasta
- White flour tortillas
- Most corn tortillas
- White rice
- Pearl barley



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A **whole grain** I learned about today that I'll try this week is:

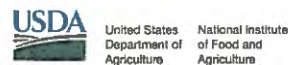


This week I'll be **more physically active** by:



Our **next lesson** will be on _____ (day)

at _____ (time)



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How much do I need each day?



Ages 2 to 8

Total Grains 3 to 5 ounces
Whole Grains at least 1½ to 2½ ounces

Ages 9+

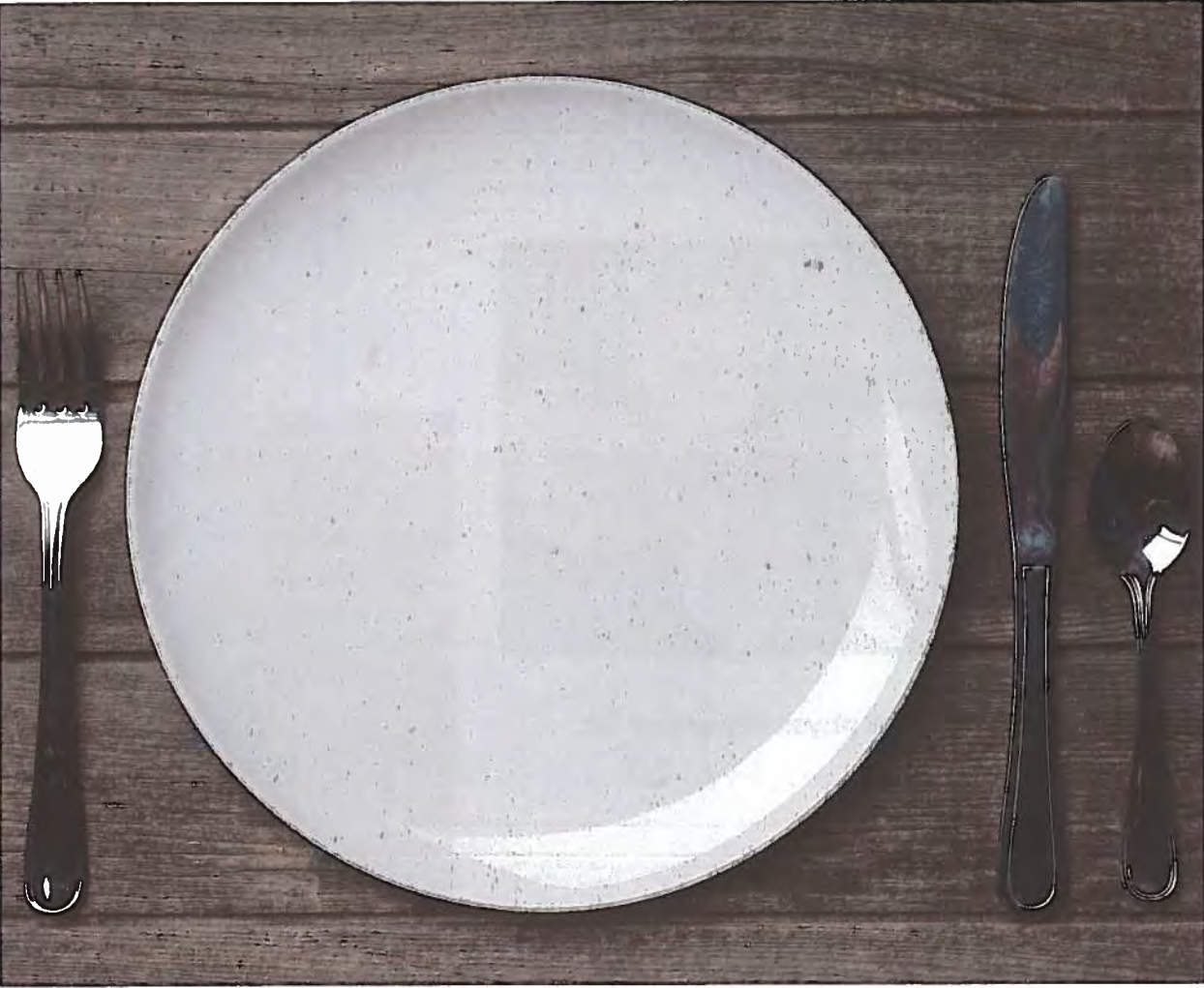
Total Grains 5 to 9 ounces
Whole Grains at least 2½ to 4½ ounces

Examples of 1 ounce equivalents

- 1 slice of bread
- 1, 6-inch tortilla
- 1 cup of ready-to-eat cereal
- ½ cup cooked rice, pasta, or noodles
- ½ cup cooked cereal
- 1 small muffin
- 1 small biscuit
- 5 to 7 crackers
- 1 small piece of corn bread
- ½ English muffin
- ½ small bagel
- 3 cups popped popcorn



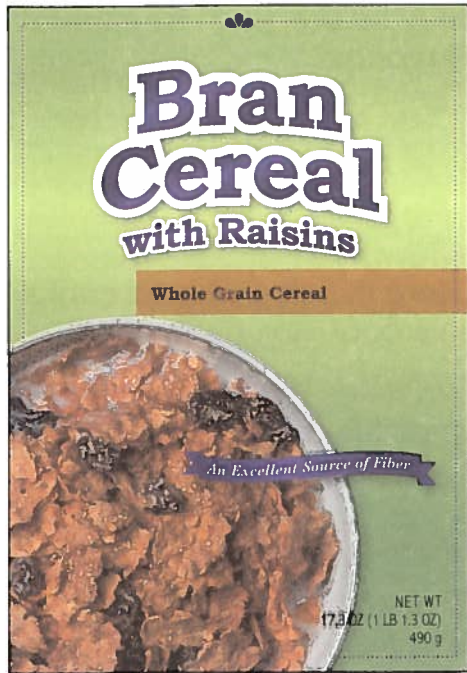
Plan a breakfast



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Choose whole grains

- Ingredient list: “Whole” or “100% whole” before “wheat” or other grain as the first ingredient.
- Product name: “Whole grain” or “100% whole grain” in the product name.

| Nutrition Facts | |
|--------------------------------|---------------------|
| 10 servings per container | |
| Serving size | 1 cup (61 g) |
| Amount per serving | |
| Calories | 190 |
| % Daily Value* | |
| Total Fat 1.5 g | 2% |
| Saturated Fat 0 g | 0% |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0% |
| Sodium 350 mg | 15% |
| Total Carbohydrate 45 g | 15% |
| Dietary Fiber 7 g | 28% |
| Total Sugars 19 g | |
| Includes 10 g Added Sugars | 20% |
| Protein 5 g | |
| Vitamin D | 10% |
| Calcium | 2% |
| Iron | 25% |
| Potassium | 8% |

Fiber

Choosing high fiber

- Use the **Nutrition Facts Label** to choose products high in fiber.
- Foods high in fiber have **20% (5 grams) or more** of the Daily Value (DV) of fiber.

Whole wheat

INGREDIENTS: WHOLE GRAIN WHEAT, WHEAT BRAN, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, MALT EXTRACT, ANNATTO COLOR, VITAMIN E (ALPHA TOCOPHEROL ACETATE), VITAMIN C (ASCORBIC ACID), REDUCED IRON, VITAMIN A (PALMITATE AND BETA CAROTENE), TURMERIC (FOR COLOR), NIACIN (NICOTINAMIDE), ZINC (ZINC OXIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₁₂, VITAMIN D, FOLATE (FOLIC ACID), VITAMIN B₉ (RIBOFLAVIN), VITAMIN B₃ (THIAMIN MONONITRATE). WHEAT USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

Make Half Your Grains Whole

Storing grains

Grain product



Bread

Storage method

Store at room temperature. May be stored in freezer for 3 months.



Uncooked grains

Store in tightly closed containers in a cool, dry, dark place.

Whole grains have a shorter shelf life than refined grains.



Cooked grains

Store in the refrigerator up to 5 days.



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