



Nutrition Tips from Learn To Live

The 'Whole' Truth About Grains

The Dietary Guidelines for Americans

The Dietary Guidelines for Americans were created by the U.S. Department of Agriculture (USDA) and give helpful advice for healthy eating. The Dietary Guidelines recommend grains be consumed often and that at least half the grains should be whole grains. Whole-grain foods are a good source of energy, vitamins, minerals and fiber for growing children and adults.

When buying grain foods – such as bread, cereal, pasta and rice – read the ingredient list. Your best choice of ingredients is 100 percent whole grain, such as whole wheat or whole oats.

Some grain products are a blend of whole and refined grain. If you choose a blended product, make sure that whole grain is the first ingredient, and check the sugar and fat content, too.

For more information, go to:
mypyramid.gov or health.gov/dietaryguidelines.

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Anne Arundel County Department of Health

www.aahealth.org/recipes.asp



Making Whole Grain Choices

Here are some easy ways to give you and your family more whole grains at snacks and meals:

- Provide whole-grain varieties of breads, muffins, bagels, rolls and crackers (whole wheat, oatmeal, rye and whole cornmeal).
- Serve whole-grain hot or cold cereals.
- Make whole-wheat pancakes or waffles.
- When a recipe calls for flour, use at least half whole-wheat flour.
- Use whole-wheat noodles or brown rice in recipes.

How Much is a Serving of Grains?

The Dietary Guidelines call a serving a "1 ounce-equivalent." Adults should eat 5 to 8 ounce-equivalents each day, and children 2 years and older should eat 3 to 6 ounce-equivalents. Each of the following counts as a 1 ounce-equivalent (1 serving):

1 slice of bread

½ cup of cooked pasta or rice

½ cup cooked cereal or 1 cup ready-to-eat cereal flakes

1 small muffin (1 oz.)

Don't forget to check product labels and choose whole grains most often.

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