



Whole Grains – for your health

Make half your grains “whole” each day. ALL is best!

Experts recommend eating six servings of grain daily – and three should be whole grains.

Whole grains contain the entire seed and have more health benefits than refined grains. When reading a label, the first ingredient should include “whole,” as in “whole-wheat flour.” Words like “multigrain” or “wheat” do not mean it is a whole grain.



Ways to add whole grains to meals, wraps and sandwiches:

- Choose corn tortillas, whole-wheat tortillas or whole-wheat bread
- **Pasta:** Use whole-wheat or whole-grain spaghetti, noodles and penne
- **Baked goods:** Switch half the white flour to whole-wheat flour
- **Side dishes:** Make brown rice, wild rice or quinoa
- **Burgers or meatballs:** Add $\frac{3}{4}$ cup of uncooked oats to each pound of ground turkey or beef

Health benefits of whole grains

- Stabilizes blood sugar
- Reduces blood pressure and cholesterol
- Lowers risk of heart disease, stroke, diabetes, obesity and colorectal cancer
- Fuels your body for better athletic performance
- Decreases inflammation
- Provides daily intake of fiber, essential vitamins and minerals
- Increases diversity of gut bacteria
- Assists with weight control

Gluten-free whole grains

Wild and brown rice, quinoa, buckwheat, millet, teff, sorghum, amaranth, corn, gluten-free rolled oats and gluten-free whole grain pasta

