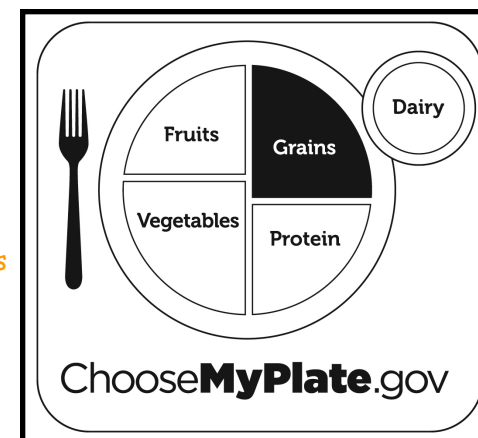




# My Plate ... GRAIN

## Make half your grains whole grains.

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel - the bran, germ and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.



Crazy For Spaghetti



### Tips to help you eat whole grains

- Eat 100% whole -wheat bread or bagels instead of white bread or bagels.
- Eat brown rice in place of white rice.
- For a change, try whole wheat pasta.
- Snack on popcorn (which is whole grain). Make it with little or no added salt or butter.
- Another good snack is 100% whole-wheat or rye crackers.
- Substitute oat flour in pancakes, waffles, muffins and cookies.

### What Counts as an Ounce Equivalent of Grains?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or  $\frac{1}{2}$  cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the Grains Group.

[http://www.choosemyplate.gov/food-groups/grains\\_counts\\_table.html](http://www.choosemyplate.gov/food-groups/grains_counts_table.html)

<http://www.choosemyplate.gov/food-groups/grains-why.html>

