

What makes a whole grain healthy?



# Definition of a whole grain:

- A natural grain has 3 parts:
  - The Bran = the outer layer
    - Has fiber, antioxidants, and B vitamins
  - The Germ = the innermost part, it is an embryo so it can sprout into a new plant
    - Has B vitamins, minerals, healthy fats, and some protein
  - The Endosperm = the inner layer, which is the food source for the plant
    - Has carbohydrates, protein, and some vitamins and minerals
- A whole grain includes all of these parts, while ‘refining’ a grain removes the bran and the germ!



# Types of whole grains:

- Amaranth
- Barley
- Buckwheat
- Bulgur
- Corn
- Millet
- Oats

- Quinoa
- Rice
- Rye
- Sorghum
- Spelt
- Wheat



# How to Enjoy Whole Grains

- Make at least half of your grains whole grains!
- Most children ages 9–13 need about 5–6 ounces of grains per day.
- Common serving sizes:
  - 1/2 cup cooked brown rice or other cooked grain
  - 1/2 cup cooked 100% whole-grain pasta
  - 1/2 cup cooked hot cereal, such as oatmeal
  - 1 slice 100% whole grain bread
  - 1 very small (1 oz.) 100% whole grain muffin
  - 1 cup 100% whole grain ready-to-eat cereal

# Tips for Purchasing

- When looking for a whole grain product, look at the ingredients label
  - Make sure the first ingredient is ‘100% whole wheat’ or ‘100% whole grain’
  - If it says ‘made with whole grain’, that does not mean that it is 100% whole grain!



Sources:

- [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)