



# Fact Sheet

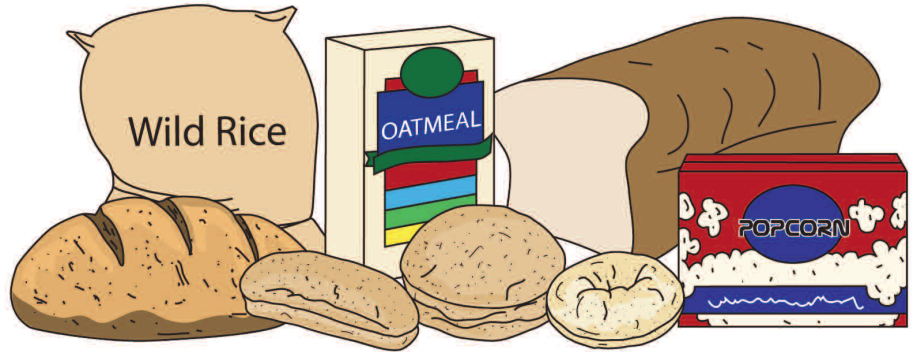
## Whole-Grain Foods

### What are whole grains?

Whole grains include the complete grain kernel – the starchy endosperm, the germ, and the fiber-rich bran.

### What are refined grains?

They are grains that have been milled to remove the bran and germ. Milling gives the grains a finer texture and extends their shelf life, but it removes iron, dietary fiber, and many B vitamins.



### What are examples of whole grains?

- Brown rice
- Buckwheat
- Popcorn
- Oatmeal
- Bulgur (cracked wheat)
- Whole wheat cereal flakes
- Muesli
- Wild rice
- Whole wheat pasta
- Whole wheat tortillas
- Whole wheat bread
- Whole rye
- Whole wheat crackers
- Whole wheat sandwich buns and rolls

Other less common whole grains:

Millet, quinoa, sorghum, triticale, amaranth





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### Read the food label!

- Select foods that list one of the following whole-grain ingredients first on the ingredient list: brown rice, bulgur, whole oats, whole rye, graham flour, oatmeal, wild rice, whole-grain corn, or whole wheat.
- Bread may just have molasses or other ingredients added to give it a brown color and not contain whole grain.
- Foods labeled “stone-ground,” “100% wheat,” “seven-grain,” “bran,” “multi-grain,” or “cracked wheat” are not usually whole-grain foods.

**Ingredients:** WHOLE GRAIN WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SOYBEAN OIL, SUGAR, PARTIALLY HYDROGENATED COTTONSEED OIL, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN (EMULSIFIER), CORNSTARCH. CONTAINS: WHEAT, SOY.

<b>Nutrition Facts</b>	
Serving Size 15g	
Servings per Container about 28	
Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	4 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	0 %
<b>Sodium</b> 120mg	5 %
<b>Total Carbohydrate</b> 11g	4 %
Dietary Fiber 1g	3 %
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A 0 %	Calcium 2 %
Vitamin C 0 %	Iron 2 %

### How to add whole grains to your menus:

- Use whole-grain crackers or bread in meatloaf.
- Use unsweetened, whole-grain ready-to-eat cereal in place of crackers with soup or as croutons.
- Add barley to vegetable soup and chili and bulgur wheat to casseroles or stir-fries.
- Replace white rice with brown rice and white flour pastas with whole wheat pastas.
- Replace up to ½ of the white flour with whole wheat flour in muffins, pancakes, waffles, or cookies. Add more leavening if needed.
- Serve whole wheat breads instead of white, or make sandwiches with half of each.
- Use crushed, unsweetened whole-grain cereal or rolled oats as breading for baked fish and chicken.

### References

American Dietetic Association. (2007). *Nutrition fact sheet: Whole grains made easy*. Retrieved on November 14, 2008, from [www.wheatfoods.org](http://www.wheatfoods.org)

U.S. Department of Agriculture. (2008). *Inside the pyramid: Tips to help you eat whole grains*. Retrieved on November 13, 2008, from [www.mypyramid.gov](http://www.mypyramid.gov)

U.S. Department of Agriculture. (2008). *Inside the pyramid: What foods are in the grain group?* Retrieved on November 13, 2008, from [www.mypyramid.gov](http://www.mypyramid.gov)

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