

# Eat More Whole Grains



Whole grains are essential for good health. They are your body's preferred source of energy for long lasting muscle and brain power. In addition, whole grains eaten as part of a healthy diet can help reduce the risk of some chronic diseases. Whole grains are packed with fiber which is essential for a healthy digestive tract. Eating fiber-filled whole grains may also help you reach and maintain a healthy weight by providing a feeling of fullness and satisfaction.



Examples of whole grains include brown rice, popcorn, whole-wheat, whole oats (oatmeal), whole-grain corn, whole rye, wild rice, and whole-grain couscous. The Dietary Guidelines for Americans recommend we consume at least three ounces of whole grains per day or that at least half of our servings of grain are whole grains. However, most Americans do not eat enough whole grains.

For more information on whole grains check out:

- ◆ [www.WholeGrainsCouncil.org](http://www.WholeGrainsCouncil.org)
- ◆ [www.MyPyramid.gov/pyramid/grains.html](http://www.MyPyramid.gov/pyramid/grains.html)
- ◆ [www.WheatFoods.org](http://www.WheatFoods.org)

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## Quick Tips to Try

### Eat More Whole Grains at Breakfast, Lunch, Dinner or Anytime!

1. Choose whole-grain cereal or cereal bars for breakfast.
2. Try oatmeal — old-fashioned, quick-cooking or instant.
3. Substitute 100% whole-grain breads for refined products.
4. Switch to brown rice or whole-grain pasta for lunch or dinner.
5. Try a sandwich using whole-wheat pita, wrap or bread.
6. Try a whole-grain snack chip, such as baked tortilla chips.
7. Choose plain popcorn with no added salt or butter for a great snack.

**Remember to give yourself a point each time you complete a tip!**