



Grains Group



Make half your grains whole.

- Breads, cereals, rice and pasta form the Grain Group. They contain protein, carbohydrates, vitamins and minerals.
- You need about 6 ounces of grain products in your diet each day.
- Whole-grain products are a good source of fiber. Half of the grain products you eat should be whole-grain foods. Some types of fiber help prevent constipation, and other kinds may help lower blood cholesterol.
- Most grain products are low in fat and calories. Choose low fat toppings (ex. jam on bread, tomato sauce on pasta, fruit on pancakes) for your grains.

A 1-ounce serving is:

- 1 slice of bread
- 1/2 medium (3-inch diameter) bagel
- 1/2 cup of cooked grain like oatmeal or rice
- 1 cup of ready-to-eat flake cereal
- 1/2 cup cooked pasta
- 1/2 a bun
- 1 pancake (4-inches)
- 1 tortilla (6-inch)
- 3 cups popped popcorn



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Mini-goals

1. _____

2. _____

