

Teacher Guide:

GRAIN GROUP

Key Messages

- Breads, cereals, rice and pasta are the foods that make up the Grain Group.
- Foods from the Grain Group are good sources of protein, carbohydrates, b-vitamins, and minerals.
- You need about 6 ounces (6 servings) of grains daily. The number of ounces (servings) will depend on your caloric intake for the day.
- Make half of your grain choices whole grains.
- Whole grains are good sources of fiber.

OBJECTIVES

Participants learn:

- about the foods in the Grain Group.
- the recommended amounts of grain foods needed each day.
- the need for whole grains in their diet.

Suggested teaching materials:

- Plastic food models or pictures of grain foods.
- Serving size (ounces) examples of grain foods
- Grain food product packages for ingredients listings and food labels
- Grain Group handout

Activities

- **Plan meals for a day** – Make a menu for breakfast, lunch, dinner and a snack to include 6 ounces (6 servings) of grains. Include as many whole grain foods as possible.
- **Grain servings sizes** – Set up a display of serving sizes of grain foods.
- **Food Labels** – Provide grain product food labels. Have clients practice reading the food labels looking for serving sizes, fiber content, etc.

Add More Fiber to Your Diet

- You can use whole-wheat flour in almost any recipe calling for white flour. Substitute whole-wheat flour for 1/4 of the white enriched flour.
- In breads, muffins, and pancakes you can substitute even more whole-wheat flour for white. Try substituting whole-wheat for half of the white enriched flour.
- Whole-wheat flour is coarser than white flour so do not try to sift it.
- Products will have a nutty flavor and many have slightly less volume when you substitute whole-wheat flour for white flour.

Daily menu of bread, cereal, rice & pasta					
MyPyramid suggests you have about 6 ounces of grains each day. Using this chart, plan a daily menu and include at least 3 ounces of whole-grain products from this food group.					
Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack

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, 1cup 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