

Great Grains

What is a whole grain?

Whole grains must contain all three components of the kernel: the bran, endosperm and germ. **Refined grains** are milled, a process that strips them of important fiber and other nutrients. **Enriched grains** are refined grains that have added nutrients put back in, but they are not as nutritious as whole grains.



Bran: The outer covering. Provides **fiber, B vitamins** and **minerals**.

Endosperm: The “energy source” and center of the grain. Provides **carbohydrates** and some **protein**.

Germ: The seed’s embryo. Contains **vitamin E, antioxidants** and **B vitamins**.

What does 1 serving look like?

- ½ c. cooked brown rice
- 1 slice 100% whole grain bread
- ½ c. oatmeal
- ½ c. cooked whole grain pasta
- 1 c. 100% whole grain cereal

Aim for at least **3** servings a day.

The American Heart Association recommends that



of your daily grains are whole grains.

Researchers from Harvard T.H. Chan School of Public Health found that:

Every 16g portion of whole grain food **reduces the risk of dying from heart disease by 9%**

Adults who ate **3 daily servings**, or 48g, were

25% less likely to die of heart disease.

The study was published online June 13, 2016, in *Circulation*.

The Whole Truth

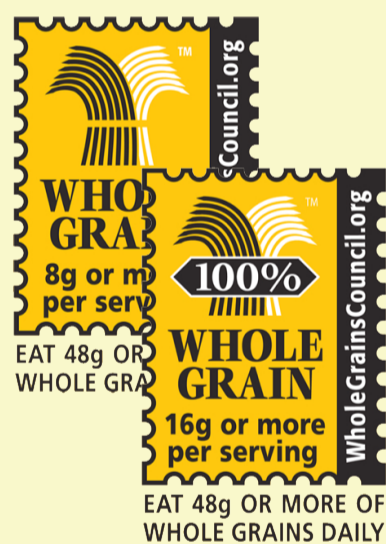
Nutrition labels can be misleading. Terms like “100% wheat” may sound healthy, but they usually don’t indicate whole grains. Look for the whole grain stamp to easily identify a whole grain product.

Don't be fooled by

- 100% wheat, made with whole wheat
- Multigrain, contains whole grain, made with whole grain
- Enriched white or wheat bread

Look for

- Whole wheat
- 100% whole grain
- Whole wheat bread, white whole wheat bread



Did you know?

Certain “pseudo-grains” like **quinoa, amaranth** and **wild rice** are technically seeds, but they are included as grains because of their nutritional profile.



According to the Whole Grains Council, **2** out of **3** people make at least **half** their grains **whole**.

Know What's Whole

Whole grain

- 100% whole grain bread
- Brown or wild rice
- Whole grain corn
- Barley
- Popcorn
- Rolled oats
- Teff

Not whole grain

- Enriched white or “wheat” bread
- White rice, crispy rice cereals
- Cornflakes
- White macaroni
- Crackers made with white flour
- Oat bran
- White couscous