

# STAYING WELL

## Meet the Grain Group

Eating foods rich in fiber, such as whole grains, provide several health benefits. These include reducing the risk of heart disease, reducing the incidence of constipation, and helping with weight management.

### Daily Amount

The USDA recommends eating the equivalent of six ounces of grain products daily for people on a 2,000 calorie diet. A "1 ounce-equivalent" is the amount of food counted as equal to a 1-ounce slice of bread. The following are all "1 ounce-equivalents":

- 1 slice of bread
- 1 "mini" bagel
- 1 small (2-1/2" diameter) muffin
- 1/2 cup cooked cereal
- 1/2 cup cooked pasta
- 1 small (6") flour or corn tortilla
- 1/2 English muffin
- 1 cup ready-to-eat cereal
- 1/2 cup cooked rice
- 3 cups popcorn



The USDA recommends making at least half of your daily grains "whole grains."

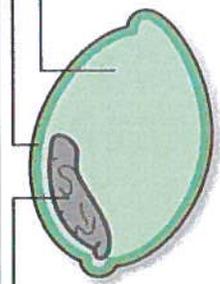
### Whole grain kernel

#### Bran

"Outer shell" protects seed  
Fiber, B vitamins, trace minerals

#### Endosperm

Provides energy  
Carbohydrates, protein



#### Germ

Nourishment for the seed  
Antioxidants, vitamin E, B vitamins

### Whole vs. Refined Grains

**Whole grains** are made from the *entire grain* (usually called the kernel) which consists of the bran, germ and endosperm. Examples of whole grains:

- whole wheat • whole oats, oatmeal • whole grain corn • popcorn
- brown & wild rice • buckwheat • bulgur • whole rye • sorghum
- whole grain barley • millet • quinoa



**Refined grains** have been milled. This process removes the bran, germ, B vitamins, iron and dietary fiber. Many refined grains are enriched, which means certain B vitamins (thiamin, riboflavin, niacin and folic acid) and iron are added back after processing. Fiber is not often added back.

Examples of refined grains:

- white flour • degermed cornmeal • white bread • white rice

### Reading Labels

**Read the ingredient list to see if a grain is a whole grain.**

Choose foods with a *whole* grain ingredient listed first on the label's ingredient list. Color is not an indication of a whole grain — bread can be brown because of molasses, coloring or other added ingredients.

**Use the "Nutrition Facts" label to choose whole grain products with a higher % Daily Value (%DV) for fiber.**

The %DV for fiber is a good clue to the amount of whole grain in the product. As a rule, look for at least 3 grams of fiber per serving.

**Watch wording on packages!**

Foods are usually not whole-grain products if labeled with these words: multi-grain, stone-ground, 100% wheat, cracked wheat, seven-grain, bran. (Fiber may be present or added without use of whole grains.)

### Nutrition Facts

Serving Size 2 tortillas (51g)  
Servings Per Container 6

Amount Per Serving  
Calories 110    Calories from Fat 10

% Daily Value\*

Total Fat 1g    2%

Saturated Fat 0g    0%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 30mg    1%

Total Carbohydrate 22g    7%

Dietary Fiber 2g    9%

Sugars 0g

Protein 2g

Vitamin A 0%    Vitamin C 0%

Calcium 2%    Iron 4%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000    2,500

Total Fat    Less than 65g    80g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram

Fat 9    Carbohydrate 4    Protein 4