



GREAT GRAINS

A CITY HARVEST
FRUIT BOWL
PARENT EDUCATION
HANDOUT

Grains supply the complex carbohydrates that our bodies turn into *energy*.

THE FACTS...

Some grains have been “refined” to improve texture and shelf life but the refining process strips whole grains of important nutrients.

According to the USDA, at least half the servings in this food group should come from whole grains.

WHAT'S SO GREAT ABOUT WHOLE GRAINS?

- Whole grains contain are rich in B vitamins, minerals, fiber, carbohydrates, and phytonutrients (antioxidants and phytoestrogens).
- A diet rich in whole-grain foods is associated with lower risk of diseases such as cancer, diabetes, gastrointestinal troubles, and heart disease.
- Whole grains are an excellent source of both soluble fiber which helps stabilize blood sugar, lower cholesterol as well as insoluble fiber which provides bulk to stools and helps to prevent constipation, hemorrhoids and diverticulosis and colon cancer.

HOW MUCH IS ENOUGH?

The recommended amount of this food group depends on age, sex, and physical activity level. While children should get about 3-5 ounces, adults may need 6-8 ounces.

Examples of 1 ounce of whole grains:

1 slice bread

½ cup oatmeal,

3 cups popcorn

1 cup of cereal

rice or pasta

½ English muffin

WHERE CAN YOU FIND WHOLE GRAINS?

- Read the product ingredients; the first one should be whole grain.
- Check the nutrition label: there should be at least 2 grams of fiber per serving
- Don't choose food based on color: products that are not whole grain can be dark due to the addition of molasses or food coloring.
- Don't be fooled by terms: “multigrain” means more than one grain was used (not necessarily whole grain) or “stone ground” (this is the technique for grinding grains).

SOME TIPS....

Breakfast: Try oatmeal or another whole grain cereal use. Gradually increase your consumption of whole grains while phasing out refined grains by eating half your regular cereal and half whole grain.

Lunch: Trade in your white bread for a healthy whole grain one. *or use 1 slice of your normal bread and the other slice whole grain

Dinner: Use brown rice in place of white.

While baking, substitute half the amount of white flour for a whole grain flour.