

# NUTRITION

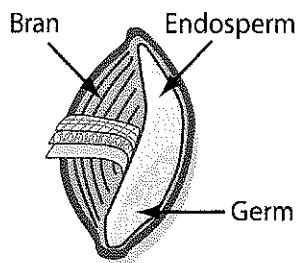
## FACT SHEET

### Whole Grains Made Easy

In the past, whole grains were thought to provide nothing more than fiber. However, new research reveals that whole grains offer vitamins and minerals, plus high levels of antioxidants and other healthy plant-based nutrients.

Whole grains contain protective antioxidants in amounts near or exceeding those in fruits and vegetables. They also provide some unique antioxidants not found in other foods. Corn, for example, has almost twice the antioxidant activity of apples. Wheat and oats almost equal broccoli and spinach in antioxidant activity.

Research continues to turn up new evidence on the benefits of whole grains. We've known for years that the fiber in whole grain helps promote digestive health. More recently, studies have shown that eating more whole grains may help reduce the risk of heart disease, cancer and diabetes. New studies published in 2005 and 2006 show that whole grains may lower triglycerides, improve insulin control, help with weight management, and slow the buildup of arterial plaque.



#### What Is a Whole Grain?

All grains start out as whole grains. If, after milling, they keep all three parts of the original grain—the starchy endosperm, the fiber-rich bran, and the germ—in their original proportions, they still qualify as whole grains.

#### DAILY RECOMMENDED GRAIN SERVINGS FOR INACTIVE AMERICANS

Age	Minimum Whole Grains		Total Grains Per Day	
	Females	Males	Females	Males
2-3	1.5	1.5	3	3
4-8	2	2.5	4	5
9-13	3	3	5	6
14-18	3	3.5	6	7
19-30	3	4	6	8
31-50	3	3.5	6	7
51+	3	3	5	6

Source: MyPyramid.gov

#### Make Half—or More—of Your Grains Whole

The 2005 Dietary Guidelines recommend that Americans “make half their grains whole.” This means most people should consume three or more servings of whole grains each day. This is a minimum—the Dietary Guidelines say that “more whole grains up to all the grains recommended may be selected.” The chart above shows recommendations for typically inactive Americans. Active people would need even more whole grains. Four, five, even six servings of whole grains daily are not unreasonable.

*The contents of this fact sheet have been reviewed by the American Dietetic Association's Fact Sheet Review Board. The appearance of this information does not constitute an endorsement by ADA of the sponsor's products or services. This fact sheet was prepared for the general public. Questions regarding its content and use should be directed to a registered dietitian.*

## Whole Grains are Healthy, Convenient and Delicious

Consumers may still worry that finding and preparing whole grains could be difficult. However, new whole grain foods introduced in the past two years provide plenty of options to appeal to everyone's taste, budget and busy schedule.

Americans today can enjoy a broad range of whole grain ready-to-eat cereals, white whole wheat bread, 90-second brown rice, instant oatmeal, popcorn, whole grain crackers, whole grain chips, and many more 21st century choices.

## Family-Friendly Whole Grain Ideas for Every Meal

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Whole grain bagel	Stuffed whole grain pita	Popcorn	Brown rice with a stir fry
TUESDAY	Whole grain raisin toast	Sandwich on rye bread	Whole grain crackers	Whole grain pasta with your favorite sauce
WEDNESDAY	Whole grain ready-to-eat cereal	Whole grain wrap	Oatmeal cookie	Tacos in corn tortillas
THURSDAY	Oatmeal	Sub sandwich on whole grain roll	Whole grain chips	Wild rice
FRIDAY	Whole grain English muffin	Whole grain veggie burger	Whole grain granola bar	Bulgur pilaf
SATURDAY	Whole grain waffles	Hamburger on whole grain bun	Whole grain graham crackers	Homemade pizza on whole grain pita crust
SUNDAY	Whole grain pancakes	Barley mushroom soup	Whole grain pretzels	Whole grain cornbread

## What is a Serving of Whole Grain?

The Dietary Guidelines define a serving (or "ounce-equivalent") of grain as 1 slice of 100% whole grain bread, a cup of 100% whole grain cereal, or 1/2 cup of 100% whole grain hot cereal, cooked pasta, rice or other grain. As Americans begin to appreciate the nuttier, fuller taste of whole grains, many start with products made with a mix of whole and enriched grains. In these foods, servings are counted differently: 16 grams or more

of whole grain ingredients counts as a full serving. This means most Americans need 48 grams or more of whole grains daily. A growing number of foods are being labeled with information about whole grain content (often in grams), making it easier for consumers to identify whole grain products. Foods made only with bran are not whole grain products. High fiber is not always equivalent to whole grain. Check the ingredient list for whole grains among the first ingredients.

For a referral to a registered dietitian and for additional food and nutrition information visit [WWW.EATRIGHT.ORG](http://WWW.EATRIGHT.ORG)

What's your most valuable source of good nutrition?  
Registered Dietitians are the experts when it comes to helping people eat well and stay healthy. An RD has the knowledge and expertise to develop an eating plan to meet the needs of all individuals.

 **American Dietetic Association**

[www.eatright.org](http://www.eatright.org) | Your link to nutrition and health™

This Nutrition Fact Sheet has been sponsored by



Visit [www.wheatfoods.org](http://www.wheatfoods.org) and [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org) for recipes and more menu ideas.