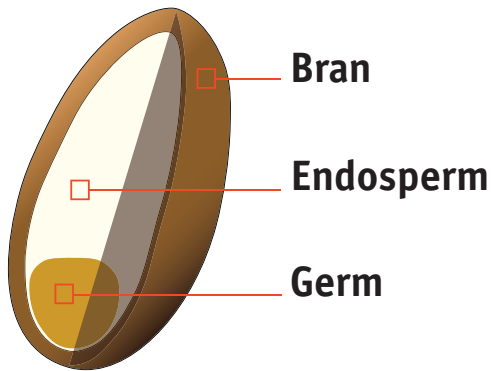


What Is a Whole Grain?



3 parts: All grains, when they grow in the field, have three parts – the bran, germ and endosperm

Bran: Protective outer shell. High in fiber, B vitamins and protein.

Germ: The seed for a new plant. Contains healthy oils, antioxidants and vitamins such as vitamin E

Endosperm: Contains starch and some protein

Whole-grain products use all three parts!

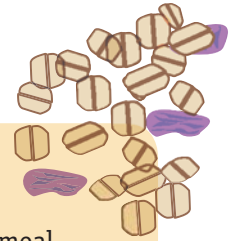
Eat 3 servings of whole grains every day!

A good way to do this is to eat a serving of whole grain for each meal. Even better, have a whole grain snack!



Breakfast

- 1 cup whole-grain cereal
- ½ cup cooked cereal like oatmeal
- Whole-grain bagel with soft margarine and jelly
- 1 4-inch whole-wheat pancake
- 1 small whole-grain waffle
- 1 cereal bar
- 1 piece whole-grain toast with peanut butter



Check out the many ways you can eat whole grains for breakfast, lunch, dinner and snacks

Snacks

- 1 cup trail mix or granola (see recipe for making your own granola)
- 3 cups popcorn
- 5 whole-wheat crackers and cheese

Lunch

Whole-grain bread, pita, tortillas or wraps for your sandwich at lunch

Dinner

- Whole-grain side dishes like brown rice
- ½ cup whole-grain pasta
- ½ cup wild rice
- ½ cup corn
- Choose soups containing whole grains, such as barley, corn or brown rice



Oat Rap



They start out whole, and then they are rolled,
Then they're sold, eat 'em hot and eat 'em cold,
Store them so they don't get mold.
Put them in a bowl with raisins,
Eat 'em til they make you crazy.

Why Eat Whole Grains??

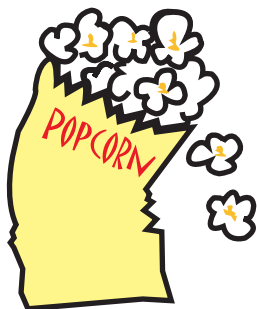
- You'll feel fuller for longer.
- You'll be healthier. Whole grains have lots of fiber, vitamins, minerals and PHYTONUTRIENTS that keep you healthier. Phytonutrients are plant compounds that improve health and keep you well.
- You'll live longer. If you eat a diet that contains at least 3 ounces of whole grains a day, you'll be less likely to have cancer, heart disease and type 2 diabetes – especially if you eat whole grains as part of a diet that also has fruits and vegetables, lean meats and legumes, too.

Getting Enough Whole Grains

MyPyramid says that you need at least 3 ounces of whole grains everyday

What is an ounce?

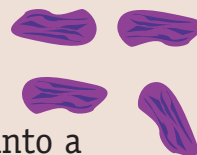
- A slice of whole-wheat bread, one small bagel, 1 tortilla, 1 whole-wheat pita
- 1 whole-wheat roll
- ½ cup of cooked grains like brown rice, oatmeal, bulgur (cracked wheat), corn, barley, wild rice, cooked pasta
- 1 cup of cold cereal, granola or trail mix
- 5 whole-grain crackers
- 3 cups of popcorn



Trail Mix

Ingredients:

- 4 cups of your favorite whole-grain cereal like Cheerios
- 4 cups of plain granola
- 2 cups peanuts or almonds
- 2 cups raisins



Directions:

Dump all the ingredients into a giant bowl and mix together with clean hands. Divide trail mix into small plastic bags or store in airtight containers. This is just delicious. It's a mix of crunchy and soft, salty and sweet, with some healthy stuff and protein, too.

Makes about 20 servings.

Nutrition analysis per serving:

Calories	201
Protein	5.7g
Fat	9.7g
Mono	4g
Poly	2.7g
Carbohydrate	26.5g
Sodium	108mg
Cholesterol	0mg
Fiber	2.9g

Authors:

Judy Myhand, MS
Annrose Guarino, PhD, RD, LDN
Heli J. Roy, PhD, RD, LDN

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Louisiana State University Agricultural Center, William B. Richardson, Chancellor
Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director
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