

Health Promotion Series-Nutrition

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Eat 6-11 Servings of whole grain bread, cereal, rice, and pasta each day

Eating whole grains instead of refined grains may provide nutrients and fiber that reduce your risk of chronic disease. What is the definition of a whole grain? A whole grain food or flour must have 100% of the whole kernel (all of the bran, germ, and endosperm). The most common whole grains are whole wheat, rye, oats/oatmeal, brown rice, wild rice, corn/cornmeal/popcorn, buckwheat, and barley. For the more adventuresome the grains growing in popularity are teff, triticale, amaranth, millet, and quinoa.

Aim to obtain your grains without the addition of sugar or trans fats such as microwave popcorn, hydrogenated fat crackers, granola bars, packaged oatmeal with sugar added, high sugar dry-cereals, and desserts.

-Did you know there is a “whole white wheat” which is missing the color of the regular whole wheat? It has a milder flavor and may be more acceptable for those used to refined flour.

-A serving size of whole grain is ½ c. cooked or 1 ounce uncooked grain, a slice of 100% whole grain bread, 16 grams of whole grain ingredients in a product, or 1.5 Tbsp. flour.

-A Whole Grain Stamp on a product means it contains at least half a serving of whole grains (8 grams)

-Using multigrain, whole wheat or rye bread for sandwiches is an easy way to increase your grain intake.

-Try using the whole wheat pasta next time you make a pasta dish.

-Whole grains are an important source of fiber. Women should consume 25 grams of fiber a day, while men should have 38 grams a day on average.

-Use a whole grain for breaded dishes, soups, and casseroles.



-100% whole grain wheat tortillas, corn tortillas, pita bread, and even whole wheat pizza crust are available for increasing your whole grain over refined grains.

-All those concerned about body weight can still consume whole grains in the portions mentioned as 6 servings would provide ~ 250-650 calories a day if minimal sugar or fat is added. Whole grains are complex carbohydrates and are healthier than simple sugar carbohydrates.

-Refrigerate or freeze whole grain flours to maintain their quality.

Here are some website links to give you more tips and ideas.

<http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/choose-whole-grains>

<http://www.choosemyplate.gov/grains-tips> <http://www.eatright.org/resource/food/nutrition/healthy-eating/a-world-of-flour>

<http://www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/five-grains-to-keep-your-family-healthy>

<http://www.eatright.org/resource/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/ways-to-boost-fiber>

<http://www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/exploring-aromatics>