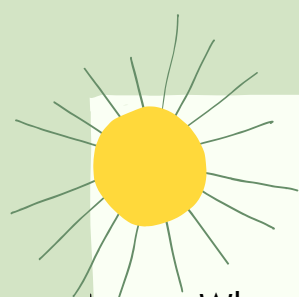


# WHOLE GRAINS 101

## WHAT IS A WHOLE GRAIN & WHY SHOULD WE CHOOSE THEM?



### WHAT IS A WHOLE GRAIN?

When a grain is whole, this means the entire grain is still there.

Sometimes grains get processed into refined (white) flour and this takes away parts of the grain. This also takes away the healthy fiber and certain vitamins and minerals.

### WHAT'S INSIDE?

Whole grains are often a great source of disease-fighting nutrients.

They also have some valuable antioxidants that aren't found in fruits and vegetables, as well as B vitamins, vitamin E, magnesium, iron and fiber.



### HEALTH BENEFITS



Whole grains reduce risk of heart disease, stroke, cancer, diabetes and obesity. People who regularly eat whole grains have a lower risk of many chronic diseases. Replacing refined grains with whole grains can significantly improve total cholesterol, LDL ("bad") cholesterol, hemoglobin A1c (a measure of blood sugar control) and C-reactive protein (a measure of inflammation).

## HOW TO ADD WHOLE GRAINS TO YOUR DIET

### CHOOSE

#### THIS NOT THAT

#### WHOLE GRAINS

100% whole wheat bread  
Brown or wild rice  
Whole wheat pasta  
Whole wheat tortillas  
Whole wheat crackers  
Whole grain cereal  
Oatmeal  
Popcorn

#### REFINED GRAINS

White bread  
White rice  
White pasta  
White tortillas  
Saltines  
Fritos

### MORE INFORMATION

For more information about the many benefits of whole grains, recipes and more visit:

<https://wholegrainscouncil.org>