

# Make Half Your Grains Whole Grains

## Whole grains help:

- Protect against many types of cancer and other diseases
- Decrease risk of heart disease
- Control weight
- Keep your digestive system running smoothly

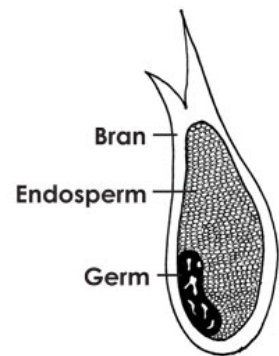
## Examples of whole grain foods:

- 100% whole wheat bread\*, buns\*, rolls\*
- Brown rice\*
- Soft corn tortillas\* or whole wheat tortillas\*
- Whole grain cereals\*, oatmeal\*
- Whole grain crackers
- Whole wheat pasta

\*WIC-approved whole grain foods, cereals, and oatmeal identified on the WIC-Approved Food List.

## What are whole grains?

Whole grains contain all parts of the grain (bran, endosperm and germ)



*When grains are refined, the bran and germ is removed. Many important nutrients are lost.*

## How can I add whole grain foods in my family's diet?



**Eat More Whole Grain  
Foods!**

Look for the word "*whole*" listed as the first ingredient.

## Easy ways to add whole grain foods:

- Choose whole grain cereals
- Choose 100% whole wheat bread instead of white bread.
- Replace up to ½ of the white flour with whole wheat flour in your recipes.
- Add brown rice to a casserole or soup.
- Choose whole wheat pasta.
- Buy soft corn or whole wheat tortillas instead of flour tortillas.
- Choose whole grain crackers for snacks.

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