whole grains

Seven ways to eat more whole grains.

What is a whole grain?

Read the label - buy foods with a **whole grain listed first** on the label's ingredient list such as:

Whole wheat
Whole oats
Oatmeal
Whole rye
Brown rice or wild rice
Graham flour
Whole grain corn
Bulgur

You can't find a whole grain by its color. It may be brown, but not a whole grain - **read the label.**

1 start your day with a whole grain breakfast cereal

- Buy your favorite whole grain breakfast cereals.
- Enjoy a bowl of oatmeal.

2 buy whole grain breads

- Make your sandwiches with whole grain bread, rolls or buns.
- Serve whole grain toast with peanut butter and sliced bananas.

3 use whole wheat or whole corn tortillas

- Make tacos, quesadillas and enchiladas with whole wheat or whole corn tortillas.
- Roll up deli sandwich meat or peanut butter on whole wheat or whole corn tortillas.

Bake whole grain tortilla chips.

Cut 6 tortillas into wedges. Lightly toss with 1 tablespoon of vegetable oil and salt. Bake on a large baking sheet in a 350° oven for 12-15 minutes or until crisp.

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4 snack on whole grains

- Pack dry whole grain breakfast cereal in a plastic bag and bring it along.

granola bars.
kers with
e or sliced meat.
rain.
salt and butter.

"multi-grain"
"100% wheat"
"honey wheat"
or "seven grain"

6 rice

ice with brown rice.
ice - mix cooked brown rice
te rice.

salads with ey and bulgur

hole grain barley
or 10 minutes.
with cooked bulgur, chicken
d low fat Italian salad dressing.

wheat pasta

a in spaghetti
great with a tomato sauce.
n pasta
ni and cheese,
s.

rains as part of a healthy diet
the risk of heart disease,
u maintain a healthy weight.
grains for at least
family's grains.

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W104