

STAY ACTIVE & EAT HEALTHY

Eating grains, especially whole grains provide several health benefits such as improving digestive health and lowering your risk of diabetes, stroke, obesity, heart disease and high blood pressure.

Keep in mind, there are two types of grains: whole grains and refined grains. Whole grains contain the entire grain kernel and sources include whole-wheat flour, oatmeal and bulgur (cracked wheat). Refined grains have the nutritious bran removed to give them a longer shelf life. Refined grain products include white flour, white bread, white rice etc. Whole grains are an important part of a healthy diet. At least half of the grains you eat should be whole grains.



Tips to help you eat more whole grains:

At Meals

- Substitute a whole grain for a refined grain, such as eating whole wheat bread instead of white bread or brown rice instead of white rice
- Use whole grains in mixed dishes, such as barley in soup or sews, or bulgur wheat in casseroles or a stir-fry
- Substitute whole-wheat or oat flour for up to half the flour in pancake, waffle, muffin or other flour-based recipes

Food Labels

- Choose foods that have one of these ingredients listed first: brown rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole-grain barley, whole grain corn, whole grain-sorghum, whole oats, whole rye, whole wheat or wild rice
- Foods labeled “multi-grain”, “stone-ground”, “100% wheat”, “cracked wheat”, “seven grain”, or “bran” are usually not whole-grain products
- Read the entire ingredient list. Choose foods with fewer added sugars. Terms for added sugars (thus added calories) include sucrose, high-fructose corn-syrup, honey, malt syrup, molasses and raw sugar.

Alternatives to Whole Grain

- Wheat, rye and barley contain gluten which for some may not be tolerable. Having a gluten allergy or sensitivity or celiac disease can cause a range of challenges. Gluten-free whole grains such as rice, oats, buckwheat and amaranth are common alternatives for most.
- The best way to incorporate gluten-free whole grains into your diet is to do some research and consult with your physician or a nutritionist.

For additional information on the health benefits of eating grains, visit the [U.S. Department of Agriculture](https://www.usda.gov/) website.