The Whole Truth about Whole Grains

Eat Smart Program
Missoula City-County
Health Department

Whole grains provide more than fiber. New research reveals that whole grains offer vitamins, minerals, high levels of antioxidants and other healthy plant-based nutrients. What does this mean for our health?

- Reduced risk of heart disease, cancer and diabetes
- Assistance with weight management

Foods such as whole wheat bread, pastas, or tortillas; brown or wild rice; oatmeal; bulgur; and whole grain crackers can count toward your daily whole grains.

MyPyramid recommendations:

- 6 ounces/day (at least half of should be *whole* grains)
- 1 oz serving = a slice of bread, half a bagel/English muffin, 1 cup cereal, 3 cups popcorn, 1/2 cup oatmeal, rice or pasta

Spotting whole grains: A grain product that is dark in color or boasts "multigrain" or "made with whole grains" isn't necessarily a whole grain. You have to read the ingredient lists!

Reading labels: Most whole grain products will have the word "whole" or "whole-grain" as the first ingredient. Examples of whole grains include:

- Whole grain (name of grain)
- Whole wheat
- Whole (other grain)
- Wheatberries
- Stone-ground whole (grain)
- Brown rice
- Wild rice
- Oats, oatmeal
- Popcorn
- Quinoa, bulgur

Hint: wheat flour, enriched flour, bran and wheat germ are not whole grains

Information summarized from:

- Whole Grains Council, www.wholegrainscouncil.org
- American Dietetic Association, www.eatright.org
- MyPyramid, www.mypyramid.gov

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