



Grow A Healthy Family! Eat Whole Grains.

WHOLE GRAIN FOODS ON YOUR SEBTC FOOD LIST

- Whole wheat bread
- Soft corn tortillas
- Cold and hot cereals made with whole grains (see ▲ on Food List)

Whole Grains Help

- Protect against cancer and other diseases
- Decrease risk for heart disease and stroke
- Manage body weight
- Keep bowel habits regular
- Decrease risk for type 2 diabetes

Examples of Common Whole Grains

Brown Rice, Buckwheat, Bulgur, Hulled Barley, Millet, Oatmeal, Popcorn, Rye, Whole Cornmeal, Whole Wheat and Wild Rice

How Do I Identify Whole Grain Foods Other Than What SEBTC Offers?

- Look for the Whole Grain Stamp on food packages.
- Not all whole grain foods have a Whole Grain Stamp. Check food labels and look for foods that say “100% whole wheat” or “100% whole grain” on the package. Choose foods that list a “whole” grain first on the ingredient list like whole grain corn, whole grain wheat, whole wheat or whole oats.



Ways to Add More Whole Grains to Your Diet

- Add brown rice to a casserole or soup.
- Add $\frac{3}{4}$ cup uncooked oats to each pound of ground meat when making meatballs, meatloaf or hamburgers.
- Replace up to $\frac{1}{2}$ the white flour with whole wheat flour in recipes.
- Add cooked, hulled barley to soup.
- Snack on popcorn.
- Choose whole grain crackers, wild rice and whole wheat pasta in addition to your whole grain SEBTC foods.
- Add $\frac{1}{4}$ cup buckwheat to pancake and muffin recipes.

FOR MORE TIPS SEE:

www.choosemyplate.gov
(see Grains Food Group)

www.wholegrainscouncil.org

TRY TO EAT AT LEAST 3 SERVINGS OF WHOLE GRAINS EVERY DAY.

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