Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel-the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

## make simple switches

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat $100 \%$ whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.

## 2

 whole grains can be healthy snacks Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try $100 \%$ whole-wheat or rye crackers.3save some time
Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

4

## mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5try whole-wheat versions
For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.


## bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

7
be a good role model for children
Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8
check the label for fiber
Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain $10 \%$ to $19 \%$ of the Daily Value; excellent sources contain $20 \%$ or more.

9know what to look for on the ingredients list Read the ingredients list and
 choose products that name a wholegrain ingredient first on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice."

10be a smart shopper The color of a food is not an indication that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," " $100 \%$ wheat," "cracked wheat," "seven-grain," or "bran" are usually not $100 \%$ whole-grain products, and may not contain any whole grain.

