

### **What is in the grain group?**

Any food made from wheat, rice, corn, oats, or another cereal grain.

### **What are whole grains?**

Whole grains contain the entire grain kernel. Whole grain foods are:

- Whole-wheat flour
- Brown rice
- Popcorn
- Oatmeal

### **How much should I eat?**

Most people need about 6 ounces per day. Some people may need a little more or a little less depending on their physical activity level, age, and gender. At least half of your grains should be whole grains!

### **What is an ounce?**

One ounce equals:

- 1 slice of bread
- 1 cup of whole grain breakfast cereal
- ½ cup of cooked rice, pasta, or cereal
- 6" diameter tortilla

### **Nutrition**

Whole grains can reduce the risk of heart disease, weight gain, and constipation.

### **Shopping List**

Ideas for incorporating more whole grains in your diet:

- Use 100% whole wheat bread on sandwiches.
- Substitute whole wheat flour in place of all-purpose flour.
- Add brown rice to recipes instead of white rice.
- Eat hot oatmeal for breakfast.

