

# Grain Power

## *THE WHOLESOME POWER OF WHOLE GRAINS*



## Grains

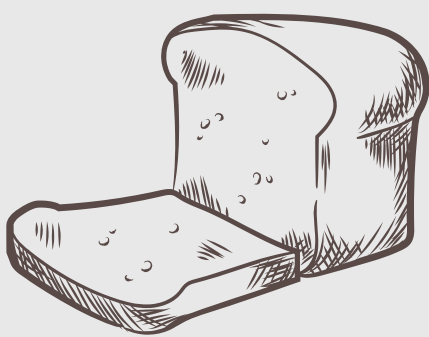
### *WHAT ARE GRAINS?*

Grain products are any foods made from wheat, oats, rice, barley, and cornmeal. Breads, pastas, cereals, and popcorn are some examples of grains.

## Whole Grains

### *WHAT MAKES A WHOLE GRAIN?*

Whole grains are defined by "containing the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, oatmeal, whole cornmeal, and brown rice."



## Health Benefits

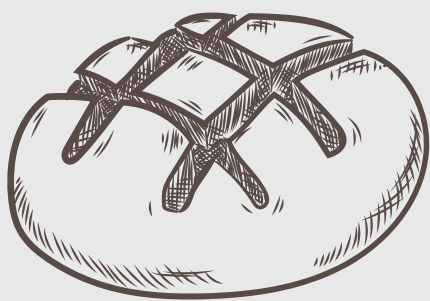
### *WHAT DO THEY PROVIDE?*

Whole grains provide numerous health benefits. Whole grains contain complex carbohydrates, dietary fiber, several B vitamins and minerals (iron, magnesium, and selenium).

## How They Help

### *WHAT DO THOSE NUTRIENTS DO?*

Incorporating more whole grains into diet has been shown to reduce the risk of many chronic diseases such as Diabetes, Cardiovascular Disease, Diverticulitis, and Obesity.



## Daily Whole Grain Needs

### *HOW MUCH SHOULD I EAT?*

A good rule of thumb is to try and make half the grains you eat whole grains. Choose foods that name a whole wheat ingredient first - buckwheat, whole-wheat, oatmeal, brown rice, etc.

### *WANT MORE?*

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FOR MORE INFORMATION, TIPS, AND TRICKS!*

