Make Half Your Grains Whole

What is the difference between a whole grain and refined grain food?

Any food made from wheat, rice, oats, corn-meal, barley or another cereal grain is a grain product. Grains are divided into 2 subgroups, whole grains and refined grains.

Whole grains contain the entire grain kernel -- the bran, germ, and endosperm. Eating grains, especially whole grains, provides health benefits. Grains provide many nutrients that are vital for the health and maintenance of our bodies. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Some commonly eaten grain products are:

- Brown or wild rice
- Buckwheat
- Bulgur (cracked wheat)
- Oatmeal
- Popcorn
- Whole grain barley
- Whole grain cornmeal
- Whole rye
- Whole wheat bread
- Whole wheat crackers
- Whole wheat pasta
- Whole wheat sandwich buns and rolls
- Whole wheat tortillas
- Whole grain ready-to-eat breakfast cereals

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are:

- Cornbread*
- Corn or flour tortillas*
- Couscous*
- Crackers*
- Grits
- Noodles or pasta*
- Pitas*
- Pretzels*
- Ready-to-eat breakfast cereals*
- White bread (can be referred to as wheat bread)
- White sandwich buns and rolls
- White rice

How much grain do I need each day?

- Ages 2-13: 3-6 oz. equivalents of grains of which at least half need to come from whole grains
- Ages 14 and above: Need 5-8 oz. equivalents of grains of which at least half need to come from whole grains

What is an “ounce equivalent?”

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Ounce Equivalent</th>
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<tbody>
<tr>
<td>1 slice bread</td>
<td>1 oz</td>
</tr>
<tr>
<td>6-inch flour tortilla</td>
<td>1 oz</td>
</tr>
<tr>
<td>1 cup of ready-to-eat cereal</td>
<td>1 oz</td>
</tr>
<tr>
<td>1 small muffin (2 1/2” diameter)</td>
<td>1 oz</td>
</tr>
<tr>
<td>1 small biscuit (2” diameter)</td>
<td>1 oz</td>
</tr>
<tr>
<td>5-7 crackers</td>
<td>1 oz</td>
</tr>
<tr>
<td>1 small piece of cornbread (2 1/2&quot; x 1 1/4&quot; x 1 1/4&quot;)</td>
<td>1 oz</td>
</tr>
<tr>
<td>1/2 English muffin</td>
<td>1 oz</td>
</tr>
<tr>
<td>1/2 cup cooked cereal</td>
<td>1 oz</td>
</tr>
<tr>
<td>1/2 cup cooked pasta</td>
<td>1 oz</td>
</tr>
<tr>
<td>1 “mini” bagel</td>
<td>1 oz</td>
</tr>
<tr>
<td>1/2 cup cooked rice</td>
<td>1 oz</td>
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How can you tell if a food item is made from whole grains?

1. Check the product name or description - Look for the words “whole” or “100% whole.”
2. Check the ingredient list - look for “whole” or “100% whole” in front of “wheat” or other grain as the first ingredient.

KEEPING GRAINS SAFE TO EAT:

Wash hands with warm water and soap before handling any food.

Keep whole grains in tightly sealed containers in the refrigerator or freezer.

Throw out moldy bread.

Healthy Recipe:

Baked Tortilla Chips

Preparation Time: 5 minutes
Cooking Time: 15 to 20 minutes
Makes: 24 crisps

Ingredients
3 (10 inch) corn or flour tortillas, whole wheat or white
Cooking oil spray
Salt (optional)

Directions
1. Preheat oven or toaster oven to 400 degrees F.
2. Lightly grease a baking sheet with the cooking spray.
3. Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
4. Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
5. Bake for 15 to 20 minutes, until crisp and light brown, watching closely so the crisps don’t burn. Serve chips with salsa or a low-fat dip. The chips are also good with soups and salads.

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-992-0900 ext. 47200 or visit www.welfare.state.nv.us. All organizations contributing to this publication are equal opportunity providers and employers.

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