



University of Nevada  
Cooperative Extension

# Your foodLINK



Published by  
University of Nevada Cooperative Extension Fact Sheet-07-42

## Make Half Your Grains Whole

### 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.

### 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:

#### Whole Grains

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:

#### Refined Grains

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

\*Most are made from refined grains.

### 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.

### 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?"

1 slice bread  
6-inch flour tortilla  
1 cup of ready-to-eat cereal  
1 small muffin (2½" diameter)  
1 small biscuit (2" diameter)  
5-7 crackers  
1 small piece of cornbread (2½" x 1¼" x 1¼")  
½ English muffin  
½ cup cooked cereal  
½ cup cooked pasta  
1 "mini" bagel  
½ cup cooked rice

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](http://www.welfare.state.nv.us). All organizations contributing to this publication are equal opportunity providers and employers.



### 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.

