

# Wholesome Whole Grains

**Whole-grain food**

Servings Per Container 22

<b>Calories</b> 70	Monounsaturated
Calories from Fat 10	<b>Cholesterol</b> On
	Vitamin A 0%

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INGREDIENTS: WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, CORN SYRUP VINEGAR, CULTURED WHEY, CALCIUM SULFATE, MONOGLYCERIDES, CALCIUM DIOXIDE AND/OR MONO AND DIGLYCERIDES, SODIUM BENZOATE, POTASSIUM CITRATE, SODIUM ACETATE, SODIUM PHOSPHATE, SODIUM SULFATE AND/OR MONOCALCIUM PHOSPHATE), ENZYMES,

At least half of the grain servings you eat every day should be whole. That's 3 ounces or more a day. 1 ounce = 1 slice of whole-grain bread, 1 cup of whole-grain cereal, or 1/2 cup of cooked brown rice or whole-grain pasta.

## Why should half my grains be Whole Grains?

The whole grain contains nutrients such as B vitamins, fiber, and iron that are not found in refined or enriched grains. All grains start life as whole grains, they're the whole seeds of the grain plant. Refined and enriched grains have parts of their seed removed in production. This refining process results in lower nutrient density. Whole grains retain all of their inherent nutrients. These nutrients have endless health benefits.

**NOT a whole-grain food**

**INGREDIENTS:** ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, RIBOFLAVIN, FOLIC ACID), WATER, HIGH GLUTEN, YEAST. CONTAINS LESS THAN 2% OF THE FOLLOWING: RAISIN JUICE CONCENTRATE, DOUGH CONDITIONER, MONOGLYCERIDES, ASCORBIC ACID, ENZYMES, AZODIACETATE (PRESERVATIVE), GUAR GUM, YEAST NUTRIMENT, AMMONIUM SULFATE, CALCIUM SULFATE, POLYSORBATE 60. **CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

## How can I eat more Whole Grains?

- Whole-grain breakfast cereal
  - Whole-grain bread instead of bread made with enriched flour
  - Brown rice instead of white rice
  - Whole-grain snacks: popcorn, brown rice cakes, or yogurt parfaits with whole-grain cereal
- le-wheat flour for half of the white flour in baked goods
- neal for breakfast or in baked goods

## Identifying Whole Grains

- Look for the words “whole” or “whole grain” as the FIRST ingredient on the ingredient list.
- A whole grain is not the same as “made with whole grains.”
- Dark color is not proof that the product is a whole grain.
- Multigrain or stone-ground are not indicators of whole-grain products.

## Whole Grains vs. Fiber

Whole grains are rich in fiber. However, a food may be high in fiber but not a whole grain. Many cereals are made with refined flours, and fiber may have been added during production. These foods are still not a whole grain because they lack all the other nutrients naturally found in whole grains. Always check the food label to ensure a grain has whole grain listed first in its ingredients.

# APPLE CINNAMON OATMEAL

Makes 2 servings

Serving Size: 1 cup



## Eat Smart



### Ingredients

- 1 cup of plain old fashioned oats, dry
- 2 cups of 100% apple juice or water
- 1 teaspoon of ground cinnamon
- 1/4 cup apple or any fresh or frozen fruit

### Directions

1. Mix oats with liquid and fruit.
2. Microwave for 2-3 minutes or as directed by oatmeal container.
3. Sprinkle cinnamon. Other options to add: dried fruit or nuts.

### Nutrition information Per Serving

228 calories		Total Carbohydrate	47 g
Total Fat	3 g	Dietary Fiber	5 g
Saturated Fat	0.5 g	Sodium	0 mg
Protein	5 g		

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This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.

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