

Whole Grains

Go for the whole grain!



Whole Grains vs. Refined Grains

There are 2 types of grains: refined grains and whole grains.

Whole grains use the entire grain — bran, germ, and endosperm.

Refined grains only feature the endosperm. This means that they will have fewer nutrients and less fiber than whole grains. MyPlate explains, “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 ”

The amount of grain foods that you need to eat varies based on age, gender, and physical activity levels.

Getting Started:

Whole grains are a fantastic part of a nutritious diet. They are loaded with vitamins, minerals, nutrients, and fiber — all of which are important to good health. According to MyPlate, the USDA’s guide to balanced eating, “Dietary fiber from whole grains [...] may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes. [...] Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.”

Here are two easy ways to start using more whole grains in your diet:

- **Start slowly, with a few fun whole grains that are easy to cook.** Brown rice, for example, is just like white rice, only it still has its hull and bran. Oats are gluten-free and rich in trace minerals and antioxidants. They can lower your cholesterol and reduce your risk of chronic disease. Cook both of these by following the directions on the package.
- **Try replacing your favorite refined grains with whole grains.** It is usually easy to find whole grain versions of breads, cereals, pasta, and crackers.

