

# Grain Group

## Why whole grains?

- Reduces the risk of heart disease (soluble fiber decreases blood cholesterol)
- May reduce constipation
- May help with weight management (fills you up with fewer calories)
- Grains fortified with folate help prevent birth defects such as spina bifida. Folate fortified grains include: enriched breads, flours, cereals, cornmeal, rice & pastas.
- Grains do not contain cholesterol.



## Key nutrients:

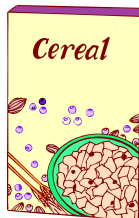
- B vitamins
- Fiber
- Iron
- Magnesium
- Selenium



## Foods in this group include:

### Whole Grains

- Brown rice
- Bulgur (cracked wheat)
- Millet
- Oatmeal
- Popcorn
- Quinoa
- Sorghum
- Whole cornmeal
- Whole wheat cereal
- Whole wheat flour
- Wild rice



### Refined Grains

- Corn flakes
- Degermed cornmeal
- Grits
- Pasta
- Pretzels
- Wheat flour
- White bread
- White flour
- White rice



## **DO NOT BE DECEIVED:**

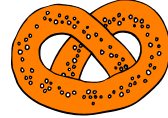
Labels that say “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “7-grain” or “bran” may not have whole grains.

Brown color of bread may be from the addition of molasses or caramel coloring, not whole grains.



## Measuring Up:

- 1 slice of bread
  - 1 cup ready-to-eat cereal
  - ½ cup cooked rice, pasta or cereal
- Are all equivalent to 1 oz. of grain



### Spotting whole grains:

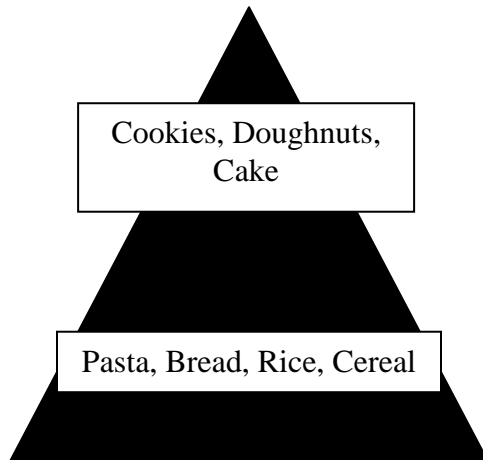
A whole grain cereal has whole grain listed first on the ingredient list.

Examples: Brown rice, bulgur, graham flour, oatmeal, whole grain corn, whole grain oats, whole rye, whole wheat, wild rice.

**INGREDIENTS:** Whole grain oats, modified corn starch, corn starch, sugar, salt, calcium carbonate, oat fiber, tripotassium phosphate, wheat starch, Vitamin E (mixed tocopherols) added to preserve freshness.

**vitamins & minerals:** iron & zinc (mineral nutrients), vitamin C(sodium ascorbate), A B vitamin (niacinamide), vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>2</sub> (riboflavin), vitamin B<sub>1</sub> (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin B<sub>12</sub>, vitamin D.

## MyPyramid & Food Choices



← Foods with added fat & sugar are at the top of the color band.

← Nutrient-dense foods (lots of nutrients) are at the bottom of the color band.

For additional information on grains, visit [www.mypyramid.gov](http://www.mypyramid.gov).

Adapted from University of Missouri Extension

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

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