

# Choose Great Grains

**Did you know...** Consuming grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide nutrients that are vital for the health and maintenance of our bodies including dietary fiber, several B vitamins and minerals.

**Choose Wisely** Grains are divided into 2 subgroups, Whole Grains and Refined Grains. **Whole grains** contain the entire grain kernel - the bran, germ, and endosperm, and some essential nutrients. **Refined grains** have been milled, a process that removes the bran and germ as well as dietary fiber, iron, and B vitamins.

## Whole-grain Foods

When buying whole-grain products, select foods that name one of the following whole-grain ingredients first on the label's ingredient list:

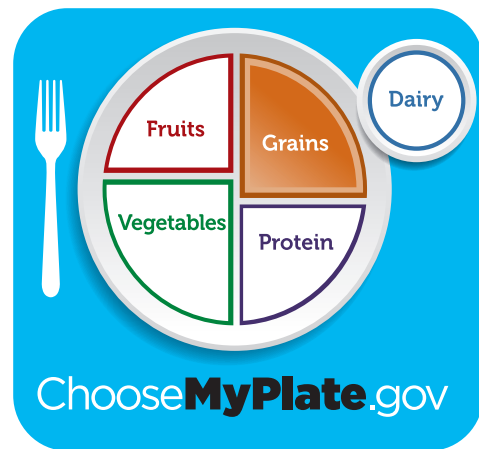
Brown rice	Whole-grain corn
Buckwheat	Whole oats
Bulgur	Whole rye
Oatmeal	Whole wheat
Quinoa	Wild rice
Rolled oats	
Whole-grain barley	

## Examples of Refined Grains

White flour  
De-germed cornmeal  
White Bread  
white rice

**Check It Out** Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not whole-grain products.

Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.



## Get Your Grains Throughout The Day

To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

For a change, try brown rice or whole-wheat pasta.

Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.

Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes.

Use whole-grain bread or cracker crumbs in meatloaf.

Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

Add whole-grain flour or oatmeal when making cookies or other baked treats.

Try 100% whole-grain snack crackers.

Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.

## Make at least half of your grains whole.

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