

# Make Half Your Grains Whole



Eat at least 3 servings of **whole-grain** cereals, breads, crackers, pasta, or brown rice every day.

**Choose low-fat grain products with little or no added sugars.**

**Eat about 6 ounces\* (6 servings) of grain products every day. Make half of those servings whole grain.**

**A serving of grain is:**

- 1 slice of bread (1 oz.)
- 1 oz. dry pasta or rice
- 1/2 cup cooked rice, pasta, or cooked cereal
- 1 small muffin (1 oz.)
- 1 cup ready-to-eat cereal flakes
- 6-inch flour tortilla (1 oz.)

**Whole-grain foods are good sources of fiber.**

- For example, a half-cup serving of ready-to-eat bran cereal has 8 grams of fiber. A healthy adult should have about 14 grams of fiber for every 1000 calories consumed each day.

**Identify whole-grain products by reading the ingredients listing on the food label.**

- Whole grains cannot be identified by the color of the food.
- The whole grain should be listed first in the ingredients listing.
- If you eat only whole grains, some of those choices should be folate-fortified such as ready-to-eat breakfast cereals fortified with folic acid.

**Add flavor to grains without adding fat.**

- Cook grains (ex. brown rice, barley, bulgur, couscous) in broth or tomato juice.
- Add garlic, onions, celery, carrots, or mushrooms to rice or pasta.
- Season grains with herbs and spices such as curry powder, cumin, thyme, or mace.



*\*The recommendation of 6 oz. of grains every day is based on a 2,000 calorie diet. Go to [www.mypyramid.gov](http://www.mypyramid.gov) for personalized nutritional recommendations.*



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University of Illinois Extension provides equal opportunities in programs and employment.  
This material was funded by USDA's Food Stamp Program.