Grains

It is important to eat foods from the Grain Group on MyPyramid. Grains are divided into two groups – whole grains and refined grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Refined grains have been milled and the bran and germ have been removed. Most refined grains have been enriched with some minerals and vitamins. Most Americans eat enough grains daily, but few are whole grains. At least half of all grains eaten should be whole grains.

Amounts that count as 1 ounce equivalents include 1 “mini” bagel, 1 regular slice of bread, ½ English muffin, 5 whole wheat crackers, 1 cup flake cereal, or ½ cup cooked rice or pasta. When buying grains products, look for “whole” before the grain names on the list of ingredients.

Although November’s Parent Newsletter discussed ways of incorporating whole grains into you and your children’s diets, here are some additional suggestions to refresh your memory.

To help increase the amount of whole grains you and your children eat:

- Snack on whole grains cereals
- Add whole grain flour when making cookies or other baked treats.
- Try whole grain snack chips
- Eat popcorn – a whole grain with little or no added butter
- Substitute a whole grain product for a refined grain product, such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- Try whole-wheat pasta.
- Use barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Bread baked chicken or fish with rolled oats or crushed, unsweetened whole grain cereal.
- Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

Source: (www.mypyramid.gov)