

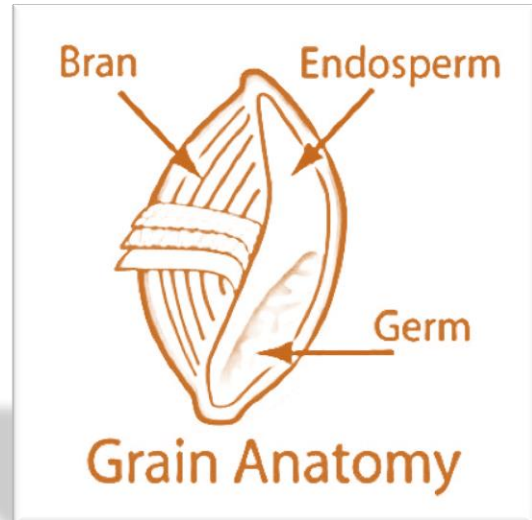
# Make your Plate like MyPlate: Whole Grains

**What is a whole grain?** Whole grains are grains that consist of three parts: the bran, the germ, and the endosperm.

**What is a refined grain?** The bran and/or germ are removed during processing which eliminates many healthy components such as iron, fiber and vitamins.

**Eating whole grains may:**

- \* Reduce the risk of heart disease
- \* Help with weight management
- \* Help maintain a healthy digestive system
- \* Reduce incidence of Type 2 Diabetes



## TYPES OF WHOLE GRAINS



## Tips to identify whole grain products

**Look for these key words on labels:** Whole grain [name of grain], Whole wheat, Whole [other grain], Stoneground whole [grain], Brown rice, Oats/ oatmeal (including old-fashioned oatmeal, instant oatmeal), Wheat berries

**Look for this symbol** on labels to help you know if it is a whole grain →



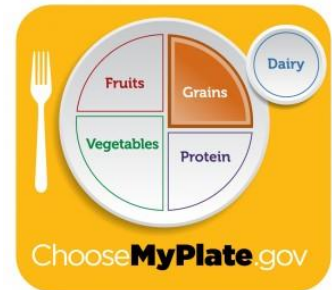
**Words that MAY indicate that the product is NOT whole grain:**

100% wheat flour, Semolina, Durum wheat, Organic flour, Multi-grain, Cracked wheat, Seven grain, Stone-ground

**Words that are NEVER whole grain:** Bran, Degerminated (on corn meal), Enriched Flour, Wheat germ

# Make your plate like MyPlate: **Whole Grains**

**Include one portion of whole grains in each meal!**



## **BREAKFAST**

- \* Whole grain toast
- English muffin, muffin or bagel
- \* Whole grain pancakes or waffles
- \* Oatmeal or other cereal with buckwheat, kamut®, millet or spelt.



## **LUNCH**

- \* Sandwich made with whole grain rye or other whole grain bread
- \* Wrap with whole grain tortillas
- \* Bowl of soup with a whole grain added such as barley
- \* Brown rice or millet
- \* Pasta salad using whole grain pasta



## **SNACK**

- \* Popcorn
- \* Whole grain crackers
- \* Fruit breads made with whole grain flours.



## **DINNER**

- \* Pilaf made with quinoa, teff, millet or wild rice
- \* Stir-fry served with brown rice
- \* Quinoa or barley salad
- \* Tacos with whole wheat or whole corn tortilla



## Salad recipe using whole grains

### **Barley Salad with Tomatoes and Herbs**

- 4 cups water
- 1 cup barley
- ½ teaspoon salt
- 1 container (or more) grape tomatoes halved
- ½ red onions finely chopped
- ¼ cup diced chives or green onion
- ¼ cup finely chopped parsley
- 2 garlic cloves minced
- 2 tablespoons balsamic vinegar
- ¼ cup extra virgin olive oil
- Salt to taste



Combine water and barley in a medium saucepan. Add ½ teaspoon salt. Bring to boil over high heat, then reduce and simmer until barley is tender (about an hour). Drain well and place in a bowl. Add remaining ingredients and mix well. Add salt to taste. Salad can be chilled or served at room temperature.