

# Grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Whole grains, such as whole wheat, are the best choice.



Whole grains give you energy and important nutrients, such as vitamins, minerals, and fiber, for health. Fiber helps with controlling hunger and weight, reducing blood cholesterol, reducing the risk of certain cancers, and controlling blood sugar.

Refined grains, usually “white” grains, have been milled, removing the outside darker coating along with nutrients. Most refined grains are “enriched”, which means certain vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after milling. Fiber is not added back to enriched grains.



## What is a serving of grain?

- 1 ounce of grain
- 1 slice of bread
- 1 cup of ready-to-eat cereal
- ½ cup of cooked cereal, pasta, or rice

Tip: Just because a grain is brown or dark in color does not mean it is a whole grain. Check the ingredient list for the word “**whole**” before grains (examples: whole wheat, whole grain oats, whole grain cornmeal).

**Aim for 3 servings of whole grains per day!**

