



R for Better
XHealth

Five Quick Whole Grain Tips

1. Look for the words “whole grain” or “whole wheat” on the ingredient list.
2. Select a frozen prepared entrée with whole grain rice or pasta.
3. Make oatmeal a regular breakfast choice.
4. Replace white rice with brown rice.
5. Select a whole grain cereal bar or bite-sized whole grain cereal for a snack.

This chart shows you how to achieve a complete “whole grain” day:

	AMOUNT	SERVING
Breakfast:		
Oatmeal (hot, cooked)	1/2 cup	1
Lunch:		
LEAN CUISINE® SPA CUISINE™	1 entree	1
Snack:		
100% Whole Grain Crackers with 1 oz. cheese	4 crackers	1
Dinner:		
Grilled Chicken and Brown Rice	1/3 cup brown rice	1
Snack:		
Popcorn, popped	2 cups	1
Servings		5

EAT SMART: WHOLE GRAINS

What are whole grains?

Whole grains include all the components and naturally occurring nutrients of the entire grain seed:

- the bran, this fiber-rich outer layer contains important phytochemicals, B vitamins, and minerals
- the endosperm, the center section contains complex carbohydrates, protein and some B vitamins
- the germ, the nutrient-rich inner core contains B Vitamins, Vitamin E, unsaturated fat, phytochemicals and antioxidants

What are the nutritional benefits of whole grains?

Whole grains are less processed than highly refined grains. This means that vitamins, minerals and fiber are not lost during processing. In addition to providing essential nutrients, whole grains contain phytochemicals and antioxidants and also add texture and flavor to the diet. The fiber derived from whole grains, plays a positive role in satiety and can help you feel full longer, which may aid in weight control. Additionally, fiber can help normalize blood sugar and reduce blood cholesterol levels.

How many whole grain servings do you need?

The new Dietary Guidelines for Americans, released in January 2005, recommend that individuals eat at least half of their grains as whole grains. For adults, this translates into three or more servings of whole grains every day.

What is a whole grain serving?

The USDA defines a whole grain serving as any food containing 16 grams of whole grain. Most whole grain foods are a combination of whole grain (16 grams), and water, sugar, fat and other ingredients make up the balance to equal ~1 oz. (28 grams) serving. So, the guideline for adults is to aim for at least three-ounce equivalents of whole grains each day. In general, 1 slice of bread, 1 cup of cereal, ½ cup cooked rice, pasta or cereal is 1 oz. of whole grains.

Everyday ways to add whole grains:

Look for: claims like “Excellent source of whole grain” or “100% whole wheat”, “whole grain (name of grain)”, “stoneground whole (grain)” or “brown rice”.

Steer Clear:

Words that DO NOT necessarily mean the product is a whole grain source include: wheat flour, organic flour, multigrain, enriched flour, bran, wheat germ, semolina, durum wheat.

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