

# Make half your grains whole



Any food made from wheat, rice, oats, cornmeal, barley or other cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples of grain products. Grains are divided into two subgroups: whole grains and refined grains.

**Whole grains** contain the entire grain kernel—the bran, germ and endosperm. Examples include:

- Whole-wheat flour
- Bulgur (cracked wheat)
- Oatmeal
- Whole cornmeal
- Brown rice

Read food labels and look for “whole” before the grain name on the list of ingredients. For optimal nutrition, eat at least three ounces of whole grains each day.

**Refined grains** have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron and many B vitamins. Some examples of refined grain products are:

- White flour
- Degermed cornmeal
- White bread
- White rice



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# Go for the whole grain



In general, a slice of bread, one cup of ready-to-eat cereal, or half a cup of cooked rice, cooked pasta, or cooked cereal can be considered as one-ounce equivalent (a serving) from the grains group. Use these tips to get the most from your grain:

- Substitute a whole grain for a refined product—eat whole-wheat bread instead of white bread, and choose brown rice rather than white rice.
- Give whole-wheat pasta a try.
- Add barley to vegetable soup or stew.
- Use whole-wheat flour in your favorite pancake, waffle, muffin and cookie recipes.
- Create breading for baked chicken and fish using rolled oats or crushed whole-grain cereal.
- Toast whole-grain bread and create croutons for your salad.
- Snack on ready-to-eat, whole-grain cereal or popcorn.

Eating a diet that includes nutritious grains may be your gain for a healthier, revitalized lifestyle.

