



# Make Half Your Grains – Whole Grain

## What is a grain?

These are foods like bread, pasta, rice, and cereal. The grain group is divided into 2 groups -- whole grains and refined grains. Whole grains have the entire grain kernel which provides more fiber. Refined grains have been milled, removing the part of the kernel. This process helps to improve the shelf life of these foods, but removes the fiber.

## Some examples of whole grain foods are:

Whole wheat bread	Whole wheat pasta
Brown or wild rice	Whole grain barley
Whole oats or oatmeal	Popcorn

A complete list of whole grains can be found at: <http://www.choosemyplate.gov> and click on "grains".

How do you add some of these foods into your daily meals? Here are some tips!

1. **Make simple changes.** Instead of buying white bread or white rice, try 100% whole wheat bread or brown rice.
2. **Try new grains.** Purchase whole wheat pasta or macaroni. Find a grain that you have never tried before. Whole grains that you may want to try are: bulgur, quinoa, or wild rice.
3. **Substitute whole wheat flour in baking.** When the recipe calls for flour, try using at least 1/2 whole wheat flour in the recipe.
4. **Read food labels.** Read the ingredient list on food packages and choose products that have whole grain first on the list. Look for these words: "whole wheat", "brown rice", "bulgur", "buckwheat", "oatmeal", "whole grain oatmeal", "whole rye" and "wild rice".

## Take Action!

- Try a new whole grain food this week.
- Have a scavenger hunt in the house and look for foods that have grains. Check the nutrition label to see if the first ingredient says whole grain.
- Have a whole grain taste test with foods like whole grain crackers, whole grain cereal, whole wheat tortillas, and whole wheat pita.

## Recipe

### Packed Pitas

Makes 1 serving

#### Ingredients:

- ¼ cup cucumbers
- 1/4 green pepper, washed and sliced
- 1/4 red pepper, washed and sliced
- ¼ cups of low-fat shredded cheddar cheese
- 1 whole grain pita
- 1 Tablespoon of hummus
- 1 Tablespoon of low-fat ranch dressing

#### Directions:

1. Spread 1 Tablespoon of hummus on pita.
2. Slice the peppers and cucumbers.
3. Place 2 cucumber slices, 2 green pepper slices, 2 red pepper slices, and 2 Tablespoons of cheese on pita.
4. Roll pita and cut in half.
5. Enjoy!

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