



Easy Ways to Add Whole Grains

When most people think of whole grains, they might think of heavy dark breads that are not appealing to them. That may have been true in the past, but now, adding whole grains is easy, tasty and a vital part of a healthy diet. Whole grains can be found in cereals, oatmeal, brown rice, and even popcorn. Whole grains are digested more slowly by the body, keeping blood sugar and insulin levels stable. This keeps hunger at bay longer and may prevent the development of type 2 diabetes. Eating whole grains has also been shown to reduce the risk of heart disease, stroke, cancer and obesity. Health experts advise everyone--men and women, young and old--that grains are a healthy necessity in every diet and that it is important to eat at least half our grains as "whole grains". An easy starting place is to substitute whole grains alternatives for processed grains.

Simple Whole Grain Substitutions:

Processed Grain	Substitute
cold cereal	look for a cereal that lists a whole grain as the first ingredient
hot cereal	old-fashioned or steel-cut oats
white bread	whole-wheat bread
white rice	brown rice
potatoes	bulgar, wheat berries, millet, or hulled barley
pasta	Whole-wheat pasta or a mix of half white flour/half whole-wheat flour pasta

Want more information?

Check out www.wholegraincouncil.org and www.mypyramid.gov.

