



Whole Grains vs. Refined

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups: Whole Grains (WG) and Refined Grains (RG).

REFINED GRAINS:

- RG have been milled. Milling is a process that removes the bran and the germ.
- Examples of RG products include: enriched flour, white bread, white rice, flour tortillas, white pastas, white rolls, and white saltine crackers.

WHOLE GRAINS:

- WG include the entire grain. This includes the kernel, the bran and the germ.
- Examples of WG include: amaranth, barley, buckwheat, whole wheat, corn, millet, oats, wild rice, quinoa, brown rice, rye, sorghum, teff, and triticale.

BENEFITS OF WHOLE GRAINS:

- WG are packed with vitamins & minerals such as: protein, fiber, B-vitamin, iron, zinc,

copper and antioxidants.

- WG have been shown to reduce the risk of heart disease, Type 2 diabetes & obesity.
- WG help to maintain regular bowel movement and promote healthy bacteria in the colon.

INCLUDING WHOLE GRAINS INTO YOUR DIET:

- When selecting grains to purchase or consume, make an effort to select and purchase whole grains.
- When eating out, ask if there is a whole grain option.
- When cooking or baking, substitute refined grains with whole grains.
- Use whole wheat spaghetti when preparing spaghetti and meatballs.
- Use whole wheat tortillas instead of flour tortillas when preparing tacos.
- Use whole wheat flour instead of white flour when preparing cupcakes or muffins.
- Use whole wheat or rye bread when preparing a sandwich instead of white bread.

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