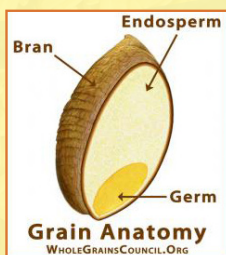
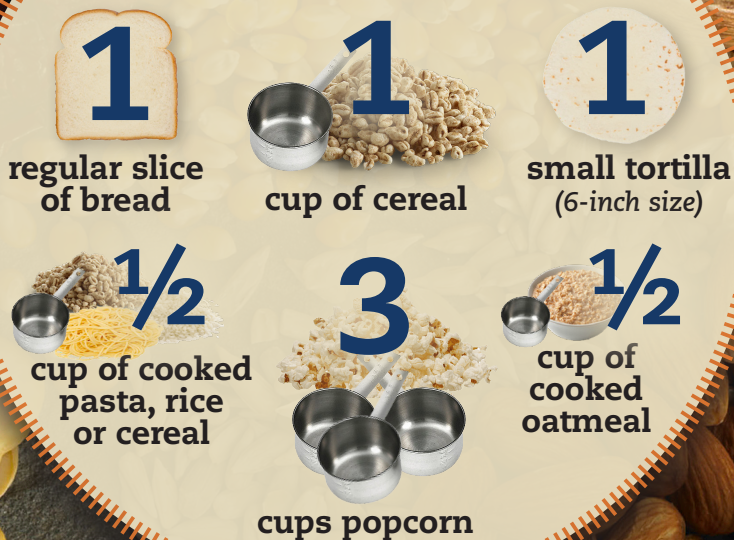


# THE WHOLE STORY OF GRAINS

Whole grains are a good source of dietary fiber, vitamins and minerals. Eating whole grains as part of an overall healthy diet may help reduce the risk of developing some major diseases.



## What counts as **AN OUNCE?**



Identify whole grain products by looking for the word **“whole”** before the word grain.

## Ways to enjoy more **WHOLE GRAINS**

- Serve whole grain pasta or combine it with regular pasta
- Extend meatloaf by adding in rolled oats
- Look for cereals made with whole grains
- Use brown rice
- Choose whole grain snacks like popcorn or whole grain crackers

## How many grains **ARE NEEDED?**

**3-8** OUNCES

of grains every day, depending on age, gender and level of physical activity.

Developed by Marianna Langston, SNAP-Ed Nutrition Educator. Sources: [www.choosemyplate.gov/eathealthy/grains](http://www.choosemyplate.gov/eathealthy/grains); [www.choosemyplate.gov/eathealthy/grains/grains-nutrients-health](http://www.choosemyplate.gov/eathealthy/grains/grains-nutrients-health); [www.choosemyplate.gov/eathealthy/grains/grains-tips](http://www.choosemyplate.gov/eathealthy/grains/grains-tips); [wholegrainscouncil.org](http://wholegrainscouncil.org)

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