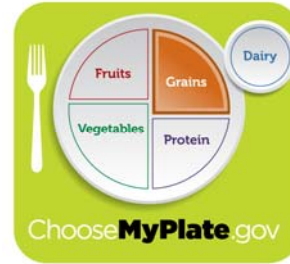


# Grain Group

Make at least half your grains whole.



The grain group contains foods made from wheat, rice, oats, corn, and barley. Foods found in the grain group such as bread, pasta, oatmeal, cereal, and tortillas are our body's main source of energy. These foods are also good sources of fiber, iron, B vitamins, and protein. Grains are divided into two different groups: whole grains and refined grains. Whole grains contain the whole grain kernel. Refined grains have been put through a process that removes the fiber, iron, and many B vitamins. Iron and B vitamins are often added back into refined products but the fiber is not. See the boxes below for examples of whole and refined grains.

## Whole Grains

Whole wheat flour  
 Whole wheat bread and crackers  
 Whole wheat pasta  
 Whole wheat tortillas  
 Oatmeal  
 Whole grain cereals (toasted O's, whole wheat flakes)  
 Brown and wild rice  
 Popcorn  
 Buckwheat  
 Bulgur

## Refined Grains

White flour  
 White bread  
 Noodles (spaghetti, macaroni)  
 Flour and some corn tortillas  
 Some ready-to-eat breakfast cereals (cornflakes)  
 Crackers and pretzels  
 White rice

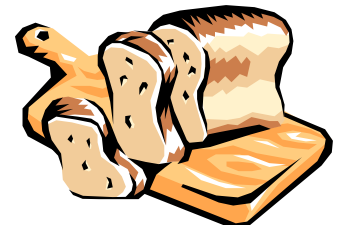
\*Look on the ingredient label for the word "enriched" when buying refined grains to ensure that important nutrients have been added back into the product.

## How much do you need to eat?

The exact amount of grains that you need to eat depends on your age, sex, and how much physical activity you get each day. A typical person should aim to eat **6 ounces** of grains each day. At least 3 ounces should be whole grains, such as those listed above.

### One ounce of grains equals:

- 1 slice of bread
- 1 cup of ready-to-eat cereal (toasted O's, whole wheat flakes, etc)
- ½ cup cooked pasta, cooked cereal (oatmeal or grits), or cooked rice
- ½ English muffin or bun
- 1 (6-inch) tortilla
- 3 cups popped popcorn



Know how. Know **now.**

## 'Fill up' on FIBER

Fiber can help lower the risk of some types of cancer and heart disease. Fiber-rich foods are usually lower in fat and help us feel more "full" after eating.

*Good Sources of Fiber:* whole wheat bread, oatmeal, bran flakes, brown rice, whole wheat pasta, legumes, fruits, and vegetables.

## Eat Healthy & Save Money Too!

**Grains are good for you and are low in cost. Try these ideas to get the most for your food dollar:**

- \$ Extend meat dishes by adding pasta, oats, bread, rice and/or vegetables to make a tasty dish, such as spaghetti, meat loaf, stir-fried rice, and casseroles. See the easy "Taco Rice Skillet" recipe below.
- \$ "Day-old" breads cost less and can be used for toast, bread crumbs, and stuffing.
- \$ Whole grain cereals have the most nutrition for your dollar. Choose cereals that are higher in fiber and lower in sugar such as toasted O's.
- \$ Compare the cost per ounce of different brands and sizes of cereals to see which cost less.
- \$ Plain shapes of pasta usually cost less than fancy shapes.

### Harvest Rice Dish

Makes 6 servings



- |  |                              |
|--|------------------------------|
| ½ cup slivered almonds                   | 1 cup dried cranberries      |
| 2 cups chicken broth, low sodium         | ⅔ cup fresh sliced mushrooms |
| ½ cup uncooked brown rice                | salt and pepper to taste     |
| ½ cup uncooked wild rice                 |                              |
| 3 tablespoons margarine                  |                              |
| 1 small onion, sliced into ½ inch wedges |                              |
| 1 tablespoon brown sugar                 |                              |

1. Place almonds on a baking sheet. Toast at 350°F for 5 to 8 minutes.
2. Mix broth, brown rice, and wild rice in a medium saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 45 minutes, or until rice is tender and broth is absorbed.
3. In a medium skillet, melt margarine over medium-high heat. Add onions and brown sugar. Cook until margarine is absorbed and onions are translucent and soft. Reduce heat, and cook onions for another 20 minutes.
4. Stir cranberries and mushrooms into the skillet. Cover and cook for 10 minutes or until cranberries start to swell. Stir in almonds. Salt and pepper to taste.

Nutrition Information per Serving: 300 calories, 12 g fat, 1.5 g saturated fat, 0 mg cholesterol, 75 mg sodium, 45 g carbohydrates, 4 g fiber, 17 g sugar, 7 g protein, vitamin A 6%, vitamin C 2%, calcium 4%, iron 6%.

Source: 55 Ways to Save at the Grocery Store, Virginia Cooperative Extension, ChooseMyPlate.gov, United States Department of Agriculture, 2010.