WHOLE GRAINS

Research shows there are many benefits to eating whole grains in place of refined grains. And with several varieties of grains available, there are endless ways to add important nutrients to your diet. Why Whole Grains? Foods that are made from whole grains contain the entire grain seed – the bran, germ and endosperm. This distinction means that unlike grains that have been processed, foods made from whole grains contain all of the nutrients that are found in the original grain seed. Read on to discover the many benefits of whole grains and how you can include them in your daily diet.

**Whole Grain Benefits**

1. Whole grains offer higher nutritional value. Grains can lose up to 25 percent of their nutritional value during the refining process.

2. Whole grains make you feel fuller, helping you to eat less. Be aware of your portions and calorie intake though, some grains are calorie dense.

3. Whole grains typically are higher in fiber, which helps lower cholesterol, improve digestion and control blood sugar.

**Daily Intake Goal**

At least half of your daily grain consumption should come from whole grains.

50%

**Smart Shopping: Read the Fine Print**

*Three things to help improve your grain selections*

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<thead>
<tr>
<th>INGREDIENT LIST</th>
<th>FIBER</th>
<th>SUGAR</th>
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<td>Whole grains should be one of the first ingredients listed.</td>
<td>Whole grain products will have at least 3 grams of fiber per serving.</td>
<td>Keep an eye on added sugar. Too much sugar will offset the food’s nutritional value.</td>
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**Variety**

Mix up the type of whole grains you consume to ensure you get a wide variety of nutrients and flavors. Foods like brown rice, whole grain pasta, oatmeal, popcorn and whole wheat bread provide great nutrition at a relatively low price point. If you are looking for more variety, ancient grains like black rice, teff and kamut provide additional benefits and flavor profiles.

To learn more about this and other health topics, visit SimplyWell.com

Sources: Food and Drug Administration, Harvard Health Letter, MyPlate.gov and the Whole Grains Council

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