

MARCH 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



Daily Intake Goal

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



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.



3 SERVINGS

Consuming **at least one serving** of whole grains per day helps reduce risk of chronic diseases, and the greatest benefits are seen by eating **at least three servings** daily.



Visit the **Healthy Recipes** section of SimplyWell for whole grain recipes like turkey meatloaf, five-spice turkey lettuce wraps, Greek chicken barley salad and more!



Smart Shopping: Read the Fine Print

Three things to help improve your grain selections

INGREDIENT LIST

Whole grains should be one of the first ingredients listed.

FIBER

Whole grain products will have at least 3 grams of fiber per serving.

SUGAR

Keep an eye on added sugar. Too much sugar will offset the food's nutritional value.



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.