

# LOOKING INSIDE THE PYRAMID AT GRAINS

## Q. Why is it important to eat whole grains?

A. Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic disease. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

### Health benefits:

- Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, reduces the risk of coronary heart disease.
- Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, may reduce constipation.
- Eating at least 3 ounce equivalents a day of whole grains may help with weight management.

### Nutrients:

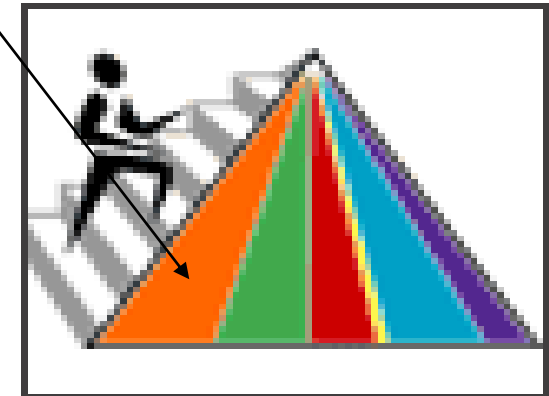
- Grains are an important source of many nutrients, including dietary fiber, several B vitamins, and minerals.
- Dietary fiber from whole grains, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulitis. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.
- B vitamins (thiamin, riboflavin, niacin, and folate) play a key role in metabolism— they help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system.
- Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.

www.mypyramid.gov

## How many grain foods are needed daily?

The amount of grains you need to eat depends on your age, sex, and level of physical activity. Recommended daily amounts are listed in the chart. Most Americans consume enough grains, but few are whole grains. At least 1/2 of all the grains eaten should be whole grains.

		DAILY RECOMMENDATION WHOLE GRAINS	DAILY <u>MINIMUM</u> AMOUNT OF WHOLE GRAINS
<b>MEN</b>	51+ years old	6 ounce equivalent	3 ounce equivalent
<b>WOMEN</b>	51+ years old	5 ounce equivalent	3 ounce equivalent



## What counts as an ounce/serving equivalent of grains?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group.

## RASPBERRY-ALMOND MUESLI

### INGREDIENTS:

1 CUP ROLLED OATS  
1/2 CUP SKIM MILK  
3 T. SLIVERED ALMONDS  
1/2 CUP FRESH RASPBERRIES

### Cooking Instructions:

1. Place the oats in a bowl. Add the milk. Cover and refrigerate overnight.
2. Stir in the almonds and top with raspberries when ready to serve.

Nutrition Facts: Calories-126  
Protein-5 g Dietary fiber-4g  
Total carbohydrate 18g Sugar-3g

E H E I V I S N R F K S R F N  
L R R Q F C I P O V N E I I O  
L O U I U M H R X I C T B B I  
N X E S A I I P A F I E O E T  
E F Q I S T V R J C N B F R A  
Z A H S F E G A K A K A L G P  
N T P I T E R A L G B I A K I  
K Z E Q L I F P U E H D V Q T  
Q D Q O C H F O D D N X I L S  
I J H N W I O E L O R T N K N  
T W N I A C I N N A O H S K O  
H E A L T H Y D I E T L Q E C  
M U I S E N G A M E B E B S A  
K Q E J J Y T M Y Q Q E B B S  
R A L U C S A V O I D R A C L

Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.

BENEFITS  
BLOOD PRESSURE  
CARDIOVASCULAR  
CONSTIPATION  
DIABETES  
EQUIVALENTS  
FIBER  
FOLATE  
FORTIFIED  
HEALTHY DIET  
IRON  
MAGNESIUM  
NIACIN  
RIBOFLAVIN  
THIAMIN  
WHOLE GRAINS

# NOVEMBER