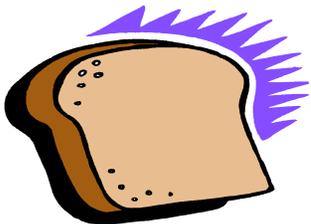


Whole Grain Tips

- Check out the first item on the ingredient list - look for whole wheat flour or whole grain -that's the real thing
- Be cautious of wording like unbleached & enriched this sounds like the real thing but is not true whole wheat
- Look for cereals that are whole grain and high fiber like Cheerios, Grape-nuts, Raisin Bran, or Wheaties
- Try brown rice instead of white rice and wheat pasta instead of white pasta- be adventurous!



University of Dayton
Dining Services

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Revised On 08/29/06

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Whole Grains Whole Wheat & Your Health



EXPERTS SAY EAT MORE WHOLE GRAINS!



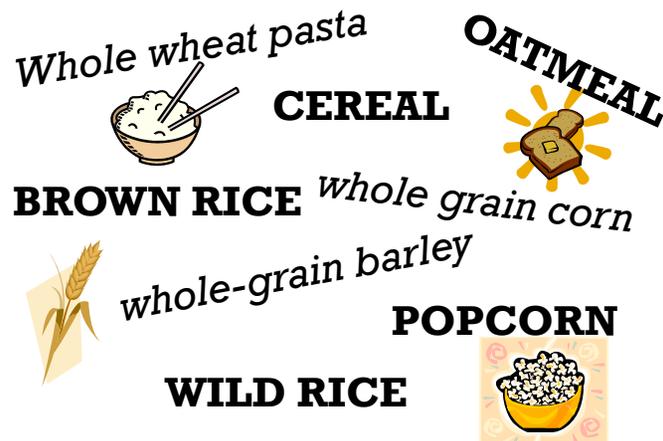
The 2005 Dietary Guidelines for Americans suggests that you should consume 6 or more ounce-equivalents of grains per day. Half of the total number of servings of grains consumed should be whole grains. To do this you can substitute whole grain products for refined grain foods that are already part of the diet.



Benefits of Whole Grains

1. Whole grains have been found to potentially reduce the risk of many chronic diseases including coronary heart disease, cancer, and diabetes.
2. A diet rich in whole grains can help with weight maintenance.
3. Whole grains are a good source of fiber, essential vitamins, and minerals like folic acid.
4. Whole grain foods add texture and flavor to the diet.
5. Whole grains contain antioxidants and phytochemicals which play important roles in maintaining health.

Here are some
whole grains to try!



What's the difference between whole wheat and other breads?

Whole Wheat: means that it contains the fiber-rich outer layer and the inner germ of the wheat kernel, offering various vitamins and minerals

White bread: the germ and the bran have been refined away, losing various vitamins and minerals

Enriched bread: Is essential white bread with certain vitamins and minerals added back in

