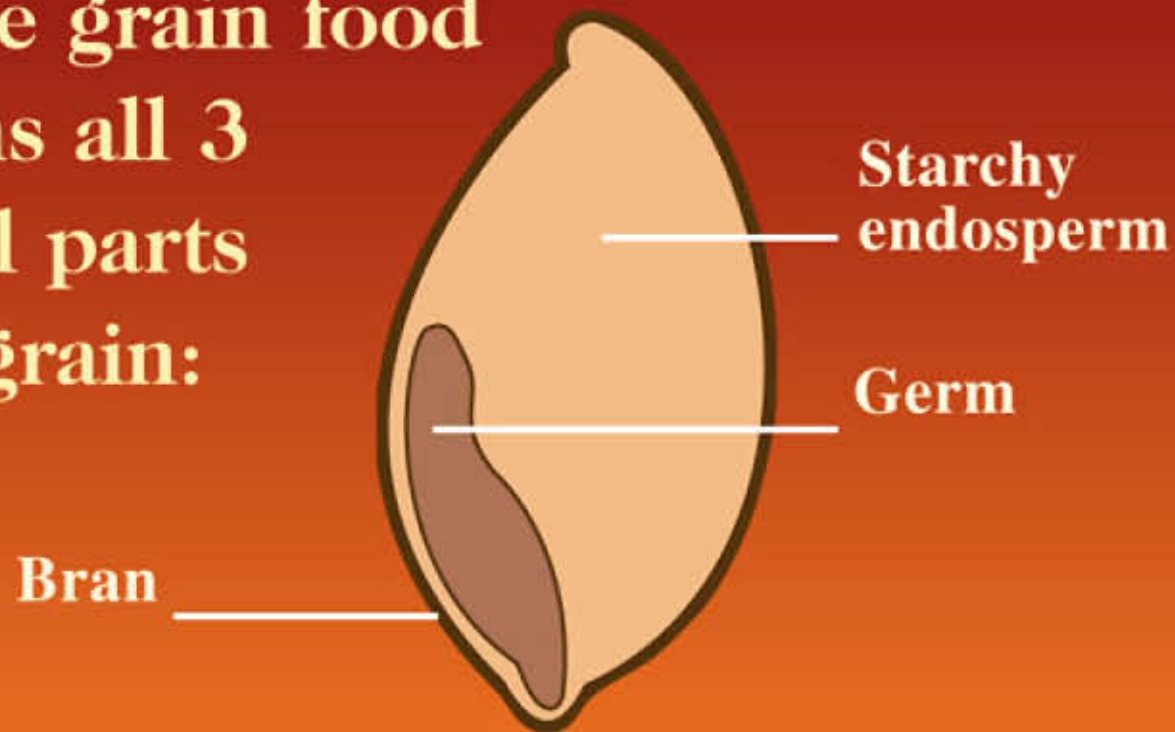


A Guide to WHOLE GRAIN Foods

Make half your grains whole

What is a **WHOLE GRAIN**?

A whole grain food contains all 3 original parts of the grain:



Fiber in **WHOLE GRAINS** helps
digestion
go
smoothly



High fiber foods and
WHOLE GRAINS reduce
your risk of heart disease



Choose
WHOLE
GRAINS
for
good
health



Look for foods
with a

WHOLE GRAIN INGREDIENT

listed *first*
on the
ingredient
label



Ingredients: Whole wheat, raisins, wheat bran, sugar, high fructose corn syrup, salt, malt flavoring.

Try to eat
3 ounces
of
**WHOLE
GRAINS**
every day.
It's easy!



1 ounce of **WHOLE GRAINS** equals...

$\frac{1}{2}$ cup
cooked rice
or pasta



1 cup
ready-to-eat
cereal



1 slice
bread
or muffin



For Breakfast



Try WHOLE GRAIN Cereals

Make your sandwich with

**WHOLE
GRAIN
Bread**



A top-down view of a red bowl filled with uncooked brown rice grains. The bowl is set against a background with a vertical orange-to-brown gradient. A semi-transparent dark orange rectangular box is overlaid on the right side of the bowl, containing text.

Enjoy the
flavor of
Brown
Rice



Popcorn
is a
fun
**WHOLE
GRAIN**
snack



**WHOLE
GRAINS**
fill you up
and may
help you
control
your weight

WHOLE GRAINS taste *great*



To find out how the
Supplemental Nutrition Assistance Program Education (SNAP-Ed)
can help you buy healthy foods,
contact the
PA Department of Welfare Helpline:

1-800-692-7462



Make half your grains whole

For more information: My Pyramid.gov

**PENNSYLVANIA
NUTRITION EDUCATION TRACKS**

On track with healthy eating for low income audiences



Funded by DPW & PA Nutrition Education TRACKS,
part of USDA's Supplemental Nutrition Assistance Program (SNAP)

To find out how SNAP can help you buy healthy foods,
contact DPW's toll-free Helpline at
800-692-7462.

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Slide Design: Alison Carson, Carson Siegel Design