

SAY HELLO TO WHOLE GRAINS

If the ingredient says...	Is it Whole Grain?
Whole [name of grain] Whole [name of grain] flour Whole grain [name of grain] [name of grain] berries Stoneground whole [grain] Oats, oatmeal Whole white wheat Bulgur Graham flour	Yes These are all Whole Grain.
Wheat flour unbleached Semolina Durum wheat Organic flour Multigrain (may contain a mix of grains)	Maybe Some parts of the grain may be missing, so these products may lack the benefits of Whole Grain.
Enriched flour Degerminated Bran Wheat germ Pearled barley Grits, hominy, farina	No These are not Whole Grain ingredients.

Eating whole grains gives your body extra fiber, antioxidants, vitamins, and minerals, all of which are essential to good health. In addition, adding whole grains to your diet can significantly lower your risk of chronic diseases and illnesses such as:

- stroke
- heart disease
- diabetes
- inflammatory diseases
- high blood pressure
- certain cancers

**Make at least
half your grains
whole grains!**

When grains grow in the field, they have three edible parts: the outer bran layer, which is rich in fiber and B vitamins; the germ, full of antioxidants; and the starchy endosperm.

If the bran and germ (the healthiest parts) are removed, the grain is said to be *refined*. Refined grains are missing about two-thirds of the nutrients in whole grains. Some grains are then *enriched*, but this only returns some of the missing nutrients.

Your best bet for good health? Look for *whole* grains. Even if they have been ground into flour, or rolled into flakes, they are still whole grains if all three parts are still present in their original proportion.

