WORKING FOR A HEALTHIER TN

Whole Grains 101

What is a whole grain and why should we choose them?

What is a whole grain?

When a grain is whole, this means the entire grain is still there.

Sometimes grains get processed into refined (white) flour and this takes away parts of the grain. This also takes away the healthy fiber and certain vitamins and minerals.

What's inside?

Whole grains are often a great source of disease-fighting nutrients.

They also have some valuable antioxidants that aren't found in fruits and vegetables, as well as B vitamins, vitamin E, magnesium, iron and fiber.

What are the health benefits?

Whole grains reduce risk of heart disease, stroke, cancer, diabetes and obesity. People who regularly eat whole grains have a lower risk of many chronic diseases. Replacing refined grains with whole grains can significantly improve total cholesterol, LDL ("bad") cholesterol, hemoglobin A1c (a measure of blood sugar control) and C-reactive protein (a measure of inflammation).

How do you add whole grains to your diet?

Choose this not that

Whole Grains	Refined Grains
100% whole wheat bread	White bread
Brown or wild rice	White rice
Whole wheat pasta	White pasta
Whole wheat tortillas	White tortillas
Whole wheat crackers	Saltines
Whole grain cereal	Fritos
Oatmeal	
Popcorn	

More Information

For more information about the many benefits of whole grains, recipes and more visit: https://wholegrainscouncil.org

Information source: https://wholegrainscouncil.org/whole-grains-101