

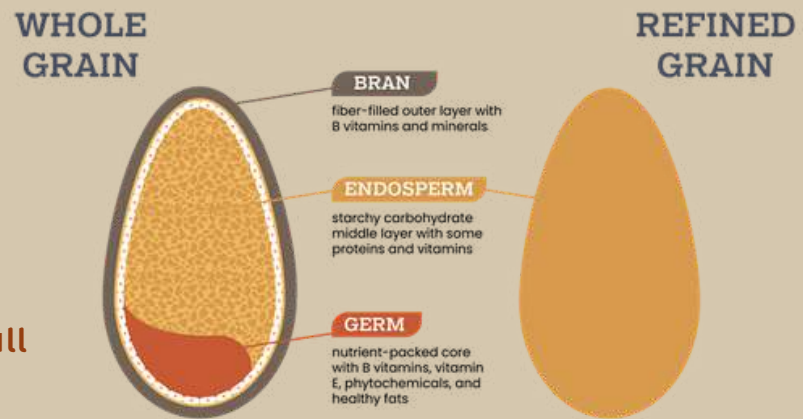
GOING WITH THE GRAIN

What Are Whole Grains?

Whole grains contain all three parts of the grain kernel:

- Bran — the fiber-rich outer layer
- Germ — the nutrient-packed core
- Endosperm — the starchy middle layer

Unlike refined grains, whole grains retain all their nutrients and fiber.



Benefits of Eating Whole Grains:

- High in fiber, which promotes digestive health and reduces cholesterol levels.
- Provide essential vitamins, minerals, and antioxidants.
- May reduce the risk of chronic diseases such as heart disease, type 2 diabetes, and some types of cancer.
- Can help regulate blood sugar levels and promote satiety.

How to Identify Whole Grains

- Look for the word "whole" as the first ingredient (e.g., whole wheat flour)
- Choose products with the Whole Grain Stamp
- Avoid misleading labels like "multi-grain" or "wheat" unless verified



Common Whole Grains

- Brown Rice — stir fry, rice bowls
- Quinoa — salads, side dishes
- Oats — oatmeal, granola
- Whole Wheat — bread, pasta, flour
- Barley — soups, stews
- Millet — porridge, pilafs
- Bulgur — tabouli, grain bowls
- Farro — salads, risottos



Quick Fact

People who eat more whole grains live longer and have a lower risk of major chronic diseases.

TRY THESE RECIPES

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Pasta Bolognese



Oatmeal Cookies



Catfish Stew and Rice



Chicken and Spanish Rice



Lentil Barley Soup



Slow Cooker Black Bean, Sweet Potato and Quinoa Chili

