












## How Much Whole Grain is Enough?

Experts recommend eating six servings of grain per day, at least three of which are whole grain.

A serving\* of grain is any of the following: one slice of bread; a half cup of cooked oatmeal, pasta or rice; an ounce of crackers; or a cup of dry cold cereal. These pictures show how easy and delicious it can be to get three or more servings of whole grain each day.

 <p>1 cup oatmeal 2 servings of whole grain</p>	 <p>a sandwich 2 servings of whole grain</p>	 <p>½ cup brown rice 1 serving of whole grain</p>
 <p>1 whole wheat English muffin 2 servings whole grain</p>	 <p>3 cups popcorn 1 serving of whole grain</p>	 <p>1 cup 50% whole grain pasta 1 serving of whole grain</p>
 <p>1 cup whole grain cereal 1 serving of whole grain</p>	 <p>½ round whole wheat pita 1 serving whole grain</p>	 <p>1 cup cooked quinoa 2 servings of whole grain</p>

\* a serving of grain is also sometimes called an “ounce equivalent” because it equals about the amount of food that weighs an ounce.

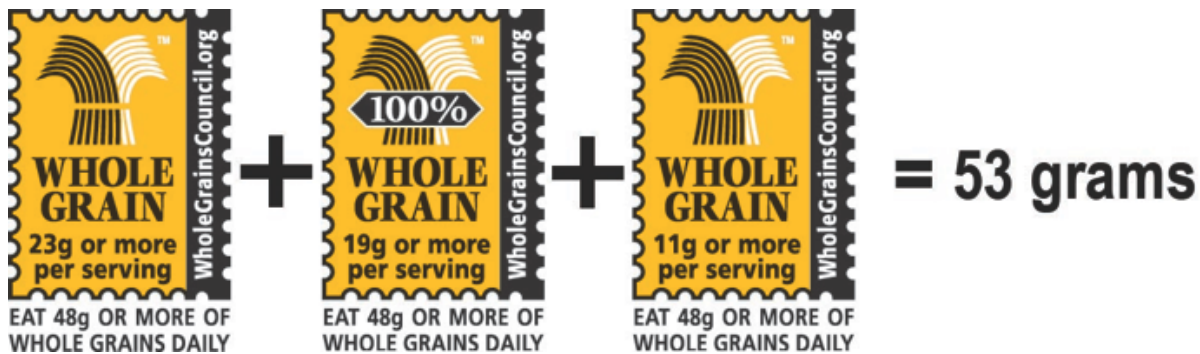
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### LOOK FOR THE WHOLE GRAIN STAMP

Sometimes foods are made with a mix of whole and refined grains. Then, the easiest way to get enough whole grain is to look for the Whole Grain Stamp and make sure you're eating 48 grams of whole grain or more each day.

The Stamp tells you just how much whole grain is in a serving of food. And, if you see the 100% banner, you know that all the grain in that food is whole grain. For example, these three Whole Grain Stamps would add up to 53 grams of whole grain.



No need to do the math, though: all foods with the Whole Grain Stamp are guaranteed to contain at least 8 grams of whole grain, so if all six of your grain servings have the Stamp, you'll automatically be getting the recommended 48 grams or more of whole grain daily.