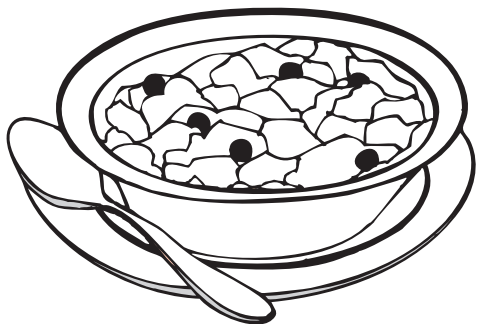
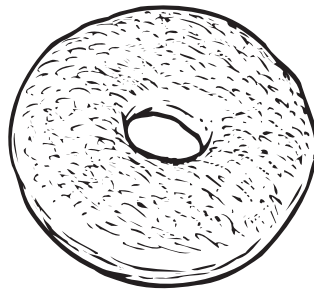


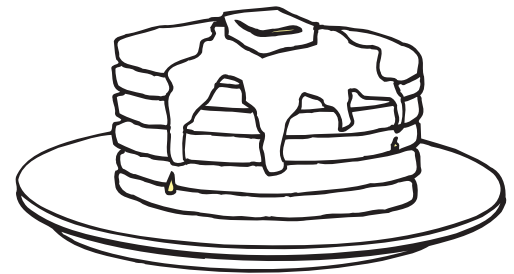
Most people need at least 3 servings of whole grains every day. Check out the many ways you can eat whole grains for breakfast, lunch, dinner and even snacks! Pick from foods like these...



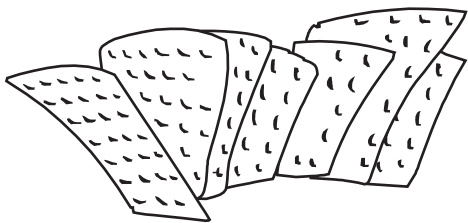
**whole grain cereal,
like oatmeal or cold cereal**



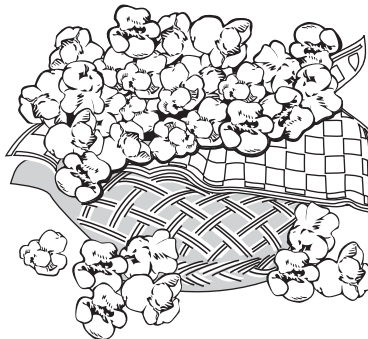
whole grain bagel



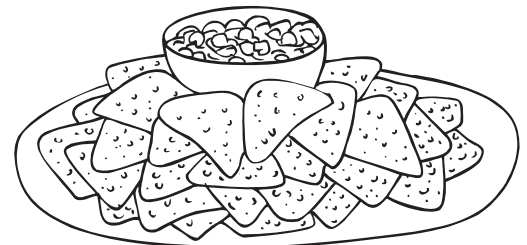
**whole grain
pancakes or waffles**



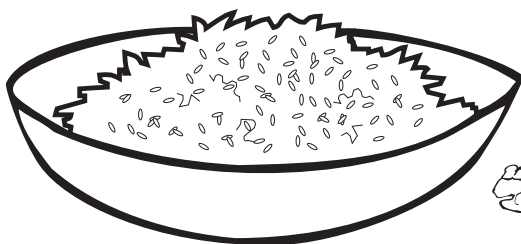
whole grain crackers



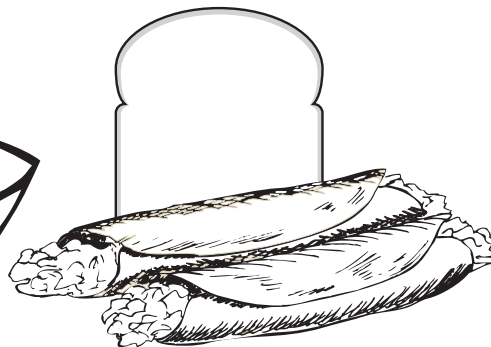
popcorn



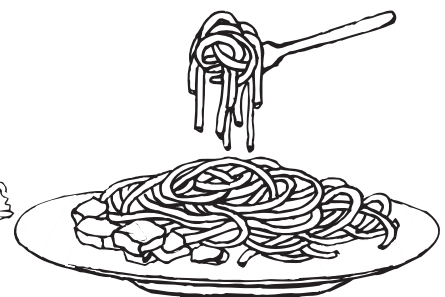
whole grain chips or pretzels



**whole grain side dishes
like brown rice, bulgur,
quinoa or barley**



**whole grain bread, pita,
tortillas or wraps**



whole grain pasta

DIETARY GUIDELINES AND WHOLE GRAINS

The 2015–2020 Dietary Guidelines for Americans call for the following whole grain servings and total grain servings. In this table, the first of each pair of numbers is the whole grain servings, and the second number is the total grain servings.

Overall, the Guidelines recommend making at least half you grains whole.

* In the Dietary Guidelines, servings are called “ounce-equivalents”. One serving, or ounce-equivalent, of grains has at least 16 grams of grains. Examples: one slice of bread, or ½ cup cooked grains.

GRAIN SERVINGS* RECOMMENDED IN DIETARY GUIDELINES				
Age	Minimum Whole Grains		Total Grains Per Day	
	Females	Males	Females	Males
1-3	2	2	4	4
4-8	2.5	2.5	5	5
9-13	3	3.5	6	7
14-18	3.5	4	7	8
19-30	3.5	4.5	7	9
31-50	3	4	6	8
51+	3	4	6	8

IDENTIFYING WHOLE GRAIN FOODS

Sometimes it’s hard to know which foods are really “whole grain foods.”

The best way to be sure is to look for the Whole Grain Stamp.

(See www.wholegrainscouncil.org for more information about the Stamp and identifying whole grains.)



If the product does not have the Whole Grain Stamp, look at the ingredients. If the first ingredient is one of the following, the product is most likely a whole grain food:

- whole grain amaranth
- whole grain barley or hulled barley
- brown rice (or other colored rice)
- whole grain buckwheat
- bulgur or cracked wheat or grano
- whole grain corn, whole cornmeal
- whole grain emmer, farro or spelt
- whole Kamut® grain
- whole grain millet
- oatmeal or whole oats
- popcorn
- whole grain quinoa
- whole grain rye
- whole sorghum
- whole triticale
- wheatberries
- whole wheat or whole grain wheat
- wild rice