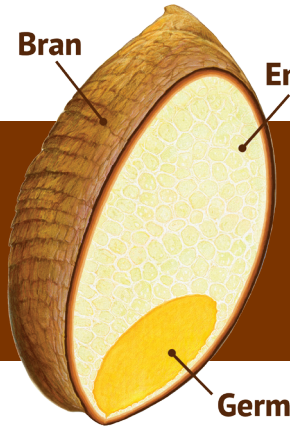
OLDWAYS WHOLE GRAINS COUNCIL

WHOLE GRAINS MADE *EASY*



WHAT IS A WHOLE GRAIN?

All grains start out as whole grains. If, after milling, they keep all three parts of the original grain—the starchy endosperm, the fiber-rich bran, and the germ—in their original proportions, they still qualify as whole grains.

HOW MUCH IS A SERVING OF WHOLE GRAINS?

One serving of whole grains is commonly defined as at least 16 grams of whole grain ingredients. For example, a slice of 100% whole wheat sandwich bread typically contains about 16 grams of whole wheat flour, meaning one slice counts as one whole grain serving.

In the Dietary Guidelines for Americans, one serving of whole grains is defined as 1 slice of 100% whole grain bread, 1 tortilla, or 1/2 cup of cooked grain such as oats, brown rice, barley, quinoa, or buckwheat.

EAT 48G OF WHOLE GRAINS PER DAY

The 2025-2030 Dietary Guidelines for Americans (DGA) recommend that adults consume 2-4 servings of whole grains per day. Recommending 48 grams of whole grains per day corresponds to three daily servings (16g x 3 servings = 48g), which sits squarely in the middle of the DGA's recommended range.

A substantial body of scientific evidence indicates that consuming at least three servings of whole grains per day is associated with meaningful health benefits. Individuals who meet this intake level have a significantly reduced risk of multiple chronic diseases and related risk factors, including type 2 diabetes, cardiovascular disease, overweight and obesity, cancer mortality, and all-cause mortality.

100% OF THE GRAIN IS WHOLE GRAIN

50% OR MORE OF THE GRAIN IS WHOLE GRAIN

EAT 48g OR MORE OF WHOLE GRAIN DAILY

Looking for whole grains?
The different gram amount on each Whole Grain Stamp tells you how many grams of whole grain are in one serving of a product, so that you can work your way up to products with more and more whole grain.

There are three types of Whole Grain Stamps:

- The 100% Stamp indicates that all of the product's grain is whole grain
- The 50%+ Stamp indicates that at least half the product's grain is whole grain
- The Basic Stamp indicates that the product contains a significant amount of whole grain (at least 8g) but contains more refined grain than whole grain.

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FAMILY-FRIENDLY WHOLE GRAIN IDEAS FOR EVERY MEAL

DAY	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Whole grain bagel	Stuffed whole grain pita	Popcorn	Brown rice with a stir fry
TUESDAY	Whole grain raisin toast	Sandwich on rye bread	Whole grain crackers	Whole grain pasta with your favorite sauce
WEDNESDAY	Whole grain ready-to-eat cereal	Whole grain wrap	Oatmeal cookie	Tacos in corn tortillas
THURSDAY	Oatmeal	Sub sandwich on whole grain roll	Whole grain chips	Wild rice
FRIDAY	Whole grain English muffin	Whole grain veggie burger	Whole grain granola bar	Bulgur pilaf
SATURDAY	Whole grain waffles	Hamburger on whole grain bun	Whole grain graham crackers	Homemade pizza on whole grain pita crust
SUNDAY	Whole grain pancakes	Barley mushroom soup	Whole grain pizza	Whole grain cornbread

PARTIALLY WHOLE GRAIN FOODS ALSO HELP CONTRIBUTE TO INTAKE

Good nutrition isn't all or nothing. Partially whole grain foods, made from a mix of whole grains and refined or enriched grains, are great bridge foods to help you get used to the fuller, nuttier taste of whole grains. Every bit of whole grain counts towards your 48g goal. Look for the Whole Grain Stamp to find foods with at least 8g of whole grain per serving, then gradually work your way up to products made with more and more whole grain.