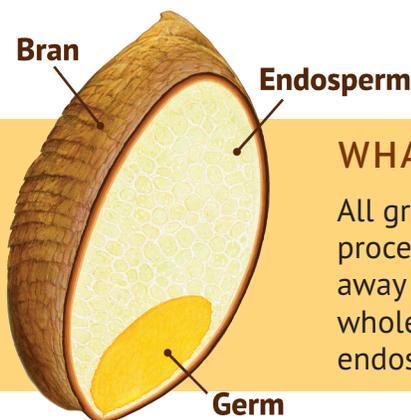




WHOLE GRAIN TIPS FOR SENIORS



WHAT IS A WHOLE GRAIN?

All grains start out as whole grains, but some grains are refined during processing so that parts of their original kernel are removed, stripping away much of the grain's nutrients and flavor. A grain ingredient counts as whole grain if it contains all three parts of the original kernel—the starchy endosperm, the fiber-rich bran, and the germ—in their original proportions.

HOW MUCH WHOLE GRAIN DO SENIORS NEED?

AIM FOR 48G OF WHOLE GRAINS DAILY

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.

Research indicates that consuming at least three servings of whole grains per day is associated with meaningful health benefits. People 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 allcause mortality. This recommendation is well aligned with both the latest scientific evidence and current US Dietary policy, making it a practical and evidencebased target for seniors.

EASY WAYS TO EAT MORE WHOLE GRAINS

Make oatmeal for breakfast

Use brown rice instead of white rice in stir-fries or casseroles



Try whole grain pasta in place of white pasta

Add whole grains like barley or bulgur to soups and stews



Choose whole grain bread instead of white bread

Eat whole grain snacks like whole grain crackers topped with hummus

WHOLE GRAIN IDEAS FOR EVERY MEAL

Breakfast	Lunch	Snacks	Dinner
Oatmeal with fresh berries or cinnamon	Whole grain toast with smoked salmon, yogurt, and red onion	Whole grain cereal with yogurt (<i>look for low-sugar options</i>)	Whole grain pasta with a sauce and a side salad
Whole grain toast with a hard-boiled egg and fruit	Stuffed whole grain pita with hummus and veggies	Whole grain granola bar or oat bar	Black beans served with brown rice or barley and veggies
Whole grain corn grits with eggs	Whole grain veggie burger on a whole grain bun	Whole grain graham crackers	Baked fish and veggies, served with farro or brown rice

EATING MORE WHOLE GRAINS IS LINKED WITH...¹

- Slower cognitive decline in aging
- Healthy digestion and staying “regular”
- Less inflammation
- Lower risk of type 2 diabetes
- Healthier gut microbiome
- Improved metabolism
- Lower BMI and less obesity
- Lower LDL “bad” cholesterol
- 14% lower risk of stroke
- 19-22% lower risk of heart disease
- 17% lower risk of colorectal cancer
- Overall “successful aging,” defined as the absence of disability, depression, cognitive problems, respiratory problems, and chronic disease

¹For more information on these studies, visit: WholeGrainsCouncil.org/whole-grains-101/health-studies

LOOK FOR THE STAMP

The **Whole Grain Stamp** is a packaging label that helps shoppers identify products that contain significant amounts of whole grain.

The different gram amount on each Stamp tells you how many grams of whole grain are in **one serving of the product**.

