

# MAKING HEALTHY CHOICES: WEEK 5

## Whole grains

In general, grains are the seeds that you can eat of cereal crops such as wheat, barley, oats and corn. As you can tell from the name, “whole” grains still have all of the grain kernel. This means that all of the grain’s nutrients are still there.

Whole grains can be cooked, cracked, crushed and rolled without losing their nutritional value. When whole grains are milled, the process removes the bran and the germ, which are parts of the kernel. Milling creates “refined” grains such as white flour and white rice. Refined grains lack many of the nutrients, such as iron and fiber that whole grains have.

### Go for whole grains

The grain food group includes whole and refined grains, whole-grain products and refined-grain products. Foods such as bread, pasta, tortillas and cornbread can all be made with whole grains or refined grains. Because a whole-grain product is made using whole grains, it will have more nutrients than if the same product was made using refined grains. When making healthy choices from the grain food group, choose whole grains and whole-grain products more often than refined grains and refined-grain products.

The recommendations for this food group are in ounce-equivalents. Think of an ounce-equivalent as one serving. Serving sizes are not the same for all types of foods because different foods contain different amounts of nutrients. (For more information on what equals an ounce-equivalent, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).)

For example, one slice of whole-wheat bread is one serving, but one serving of oatmeal is ½ cup. With this in mind, meeting a daily recommendation of five servings could look like this:

1 cup of oatmeal, 1 (6-inch) whole-wheat tortilla, ½ cup of cooked brown rice, 3 cups of cooked popcorn

OR

1 cup cereal, 2 pieces of whole-wheat bread, 1 cup of cooked whole-wheat pasta

### Daily grain recommendations for children

Age in years	Ounce-Equivalents
2–3 (boys and girls)	3
4–8 (boys and girls)	5
9–13 (boys)	6
9–13 (girls)	5
14–18 (boys)	8
14–18 (girls)	6



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### WEEKLY RECIPE

Remember to wash your hands and prepare food safely.



### Overnight Oatmeal (serves 1)

1. Put ½ cup of rolled oats in a sealable container. Cover with enough water so that all the oats are covered.
2. Seal container with a lid or plastic wrap, and place in the fridge overnight.
3. In the morning, drain away any extra water.
4. Add 1 tablespoon of plain yogurt (try low-fat!) and stir.
5. Top with fruit such as blueberries or strawberries and try adding a few nuts like almonds. Also consider adding a pinch of spice, such as cinnamon and nutmeg.
6. Enjoy!



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### Did you know?

You can find out if a product is made from whole grains by reading the ingredients list. Look for 100% whole grains to be the first or second ingredient. If you see the words “enriched” or “refined” next to the grain, then it is not a whole grain. Look for the Whole Grains Council stamp to help you find whole-grain products.

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