

Eat More Whole Grains

Whole grains are an important part of a healthy diet. Whole grains help you feel your best. Whole grains help you “feel full” longer so you are less likely to overeat.

How Can You Spot a Whole Grain?

Choose food that lists a whole grain first on the ingredient list, such as whole wheat or 100 percent whole wheat.

Color can be misleading. Dark or brown color can be from molasses or other ingredients.

Food labels can be misleading. The following usually are not whole grains:

- Multi-grain
- Stone-ground
- 100% wheat
- Cracked wheat
- Bran



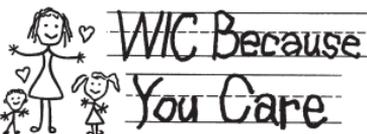
Examples of Whole Grains

- 100 percent whole-wheat bread, buns, rolls
- Brown rice
- Soft corn tortillas or whole-wheat tortillas
- Whole-grain cereals
- Whole-wheat pasta
- Oatmeal
- Popcorn
- Wild rice
- Barley



Easy Ways To Add Whole Grains

- Shop for whole-grain cereals.
- Choose 100 percent whole-wheat bread instead of white bread.
- Add brown rice to a casserole or soup.
- Choose whole-wheat pasta.
- Buy soft corn or whole-wheat tortillas instead of flour tortillas.
- Have whole-grain crackers or popcorn for snacks.



North Dakota WIC Nutrition Program
North Dakota Department of Health
600 E. Boulevard Ave.
Bismarck, ND 58505-0200
800.472.2286

