



## Whole-Grain Goodness

More and more whole-grain USDA Foods are available to schools

The 2005 *Dietary Guidelines for Americans* recommend making at least half of the grains we eat every day whole grains. Benefits of whole-grain foods are:

- Whole grains contain vitamins, minerals, fiber, and antioxidants.
- Whole grains may reduce the risk of heart disease.
- Whole grains may help you maintain a healthy weight.



### What makes a grain whole?

Whole-grain foods contain the entire kernel of the grain. The kernel has three parts – the bran, the germ, and the endosperm.

Finding whole-grain foods: *The word “whole” is often listed before the type of grain, such as:*

- Whole-wheat flour
- Whole-rye flour
- Whole-durum flour
- Whole-grain barley
- Whole cornmeal
- Whole white wheat
- Whole-grain corn

*Other whole grains are:*

- Bulgur (cracked wheat)
- Crushed wheat
- Rolled oats
- Brown rice
- Graham flour

### Refined Grains: When a grain is not whole...

Grains are not “whole” when the bran and germ, where many nutrients are found, have been removed through milling, leaving only the endosperm. These are known as **refined grains**. Some refined grains may include:

- Flour
- Enriched flour
- Grits
- Hominy
- Farina
- Cornmeal
- Corn flour
- Rice
- Couscous
- Pearled barley
- Scotch barley

### Did you know?

USDA provides whole-grain foods to schools participating in the National School Lunch Program.

These foods include:

- Brown rice
- Rolled oats
- Whole-wheat flour
- Whole-grain dry kernel corn
- Whole-grain rotini
- Whole-grain spaghetti
- Whole-grain macaroni
- Whole-wheat pancakes
- Whole-grain tortillas

### What foods are grains?

Foods made from wheat, rice, oats, cornmeal, barley, or other cereal grains are grain foods. Some of these foods are:

- Bread
- Pasta (rotini, spaghetti, macaroni, lasagna)
- Oatmeal
- Breakfast cereals
- Tortillas
- Grits

### Pump up your school lunch menus by adding the following whole-grain options:

- Whole-grain spaghetti with meat sauce
- Apple crisp with rolled oats
- Brown rice pilaf
- Whole-grain tortilla veggie wraps