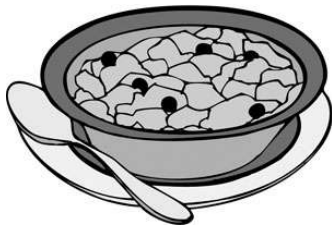


# Getting Enough Whole Grain

Everyone needs at least 3 servings of whole grains every day. Check out the many ways you can eat whole grains for breakfast, lunch, dinner and even snacks!

Pick from foods like these to get the whole grain servings you need for breakfast...



whole grain cereal,  
like oatmeal or cold cereal



whole grain bagel

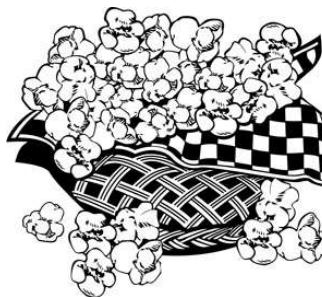


whole grain  
pancakes or waffles

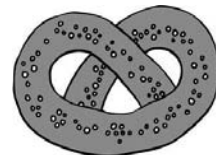
for snacks...



whole grain crackers



popcorn



whole grain pretzels  
or whole grain chips

for lunch and dinner...



whole grain side dishes  
like brown rice, bulgur,  
quinoa or barley



whole grain bread, pita,  
tortillas or wraps



whole grain pasta

# Getting Enough Whole Grain

## 2005 Dietary Guidelines and Whole Grains

The 2005 Dietary Guidelines for Americans call for the following whole grain servings and total grain servings. In this table, the first of each pair of numbers is the whole grain servings, and the second number is the total grain servings.

**Grain Servings Recommended in Dietary Guidelines  
Whole Grains - Total Grains**

Age	Girls/Women	Boys/Men
2 - 3	1.5 - 3	1.5 - 3
4 - 8	2 - 4	2.5 - 5
9 - 13	3 - 5	3 - 6
14 - 18	3 - 6	3.5 - 7
19 - 30	3 - 6	4 - 8
31 - 50	3 - 6	3.5 - 7
51+	3 - 5	3 - 6

Overall the Guidelines recommend that HALF of grains eaten be whole grains. This is a minimum. "More whole grains, up to all of the grains recommended, may be selected" – but instead of enriched grains, not in addition to them.

On the handout page, we have simplified this table to focus on 3 servings a day. This is the minimum recommended for all but very young, inactive children.

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## Identifying Whole Grain Foods

Sometimes it's hard to know which foods are really "whole grain foods." The best way to be sure, is to look for the Whole Grain Stamp. (See [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org) for more information about the Stamp and about identifying whole grains.)

If the product does not have the Whole Grain Stamp, look at the ingredients. If the first ingredient is one of the following, the product is most likely a whole grain food:

- whole wheat or whole grain wheat
- whole grain amaranth
- whole grain barley
- brown rice (or other colored rice)
- whole grain corn, whole cornmeal
- whole grain millet
- oatmeal or whole oats
- whole grain buckwheat
- whole triticale
- whole grain rye

- wheatberries
- whole grain quinoa
- lightly pearled barley
- bulgur or cracked wheat or grano
- popcorn
- whole grain sorghum
- whole grain emmer, farro or spelt
- whole Kamut® grain
- wild rice

