

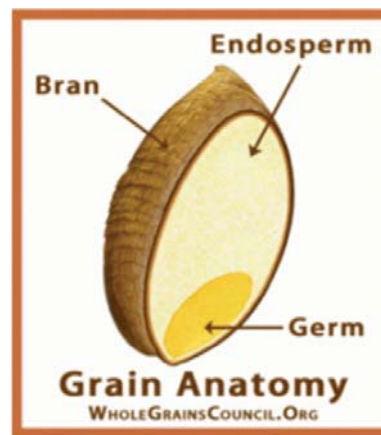
Whole Grains



Whole grain foods contain all three parts of the grain kernel – the bran, germ, and endosperm. They contain all of the nutrients and fiber, whereas refined grains contain only the endosperm which is mostly starch.

Benefits:

- Provides energy
- Helps maintain a healthy weight
- Maintains nerves and muscles
- Helps with digestion



Choose foods that name one of the following whole-grain ingredients first on the ingredient list: Barley, Brown rice, Buckwheat, Bulgur, Corn, Cracked wheat, Oatmeal, Wheatberries, Whole Rye, Whole wheat, Wild rice

Whole grains cook differently than refined. Use this chart as a guide.

To cook 1 cup of:	Use this much water:	Cook for this amount of time:	To make:
Brown Rice	2 cups	45 minutes	4 cups
Whole wheat pasta	4 cups	7-10 minutes	2 ½ cups
Quinoa	2 cups	15 minutes	4 cups
Whole Barley	3 cups	1 ½ hours	4 cups
Quick Oats	3 cups	5 minutes	1 ¾ cups