Make your Plate like MyPlate: **Whole Grains**

**What is a whole grain?** Whole grains are grains that consist of three parts: the bran, the germ, and the endosperm.

**What is a refined grain?** The bran and/or germ are removed during processing which eliminates many healthy components such as iron, fiber and vitamins.

**Eating whole grains may:**
* Reduce the risk of heart disease
* Help with weight management
* Help maintain a healthy digestive system
* Reduce incidence of Type 2 Diabetes

**TYPES OF WHOLE GRAINS**

- AMARATH
- SORGHUM
- MILLET
- BARLEY
- TEFF
- OATS
- WILD RICE
- CORN
- QUINOA
- BUCKWHEAT
- WHOLE WHEAT
- TRITICALE
- BROWN RICE
- RYE

**Tips to identify whole grain products**

**Look for these key words on labels:** Whole grain *[name of grain]*, Whole wheat, Whole *[other grain]*, Stoneground whole *[grain]*, Brown rice, Oats/ oatmeal (including old-fashioned oatmeal, instant oatmeal), Wheat berries

**Look for this symbol** on labels to help you know if it is a whole grain

**Words that MAY indicate that the product is NOT whole grain:**
100% wheat flour, Semolina, Durum wheat, Organic flour, Multi-grain, Cracked wheat, Seven grain, Stone-ground

**Words that are NEVER whole grain:** Bran, Degerminated (on corn meal), Enriched Flour, Wheat germ
Make your plate like MyPlate: **Whole Grains**

*Include one portion of whole grains in each meal!*

**BREAKFAST**
- Whole grain toast
  - English muffin, muffin or bagel
- Whole grain pancakes or waffles
- Oatmeal or other cereal with buckwheat, kamut®, millet or spelt.

**LUNCH**
- Sandwich made with whole grain rye or other whole grain bread
- Wrap with whole grain tortillas
- Bowl of soup with a whole grain added such as barley
- Brown rice or millet
- Pasta salad using whole grain pasta

**SNACK**
- Popcorn
- Whole grain crackers
- Fruit breads made with whole grain flours.

**DINNER**
- Pilaf made with quinoa, teff, millet or wild rice
- Stir-fry served with brown rice
- Quinoa or barley salad
- Tacos with whole wheat or whole corn tortilla

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**Salad recipe using whole grains**

**Barley Salad with Tomatoes and Herbs**

- 4 cups water
- 1 cup barley
- ½ teaspoon salt
- 1 container (or more) grape tomatoes halved
- ¼ red onions finely chopped
- ¼ cup diced chives or green onion
- ¼ cup finely chopped parsley
- 2 garlic cloves minced
- 2 tablespoons balsamic vinegar
- ¼ cup extra virgin olive oil
- Salt to taste

Combine water and barley in a medium saucepan. Add ½ teaspoon salt. Bring to boil over high heat, then reduce and simmer until barley is tender (about an hour). Drain well and place in a bowl. Add remaining ingredients and mix well. Add salt to taste. Salad can be chilled or served at room temperature.