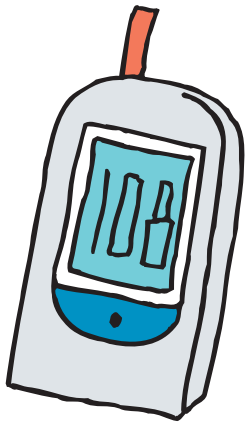


# ABOUT WHOLE GRAINS



Whole grain is grain the way nature made it. It has not been changed in any way.

## Why are whole grains good for you?

Eating whole grains as part of your meal plan can:

- help you lose weight
- lower "bad" cholesterol
- increase "good" cholesterol
- help you control your blood sugar

## What foods are high in whole grains?

Oatmeal, whole-grain cereals, barley, brown and wild rice, whole-grain tortillas, whole wheat, and oats are only some of the many foods high in whole grains.

## How much whole grain should I eat?

Eating at least three servings of whole-grain foods a day is a good goal for most people. A serving should contain about 16 grams (16g) of whole grain.

## Examples of food servings with 16 grams of whole grain include:

- ½ cup of cooked oatmeal
- ½ cup of cooked brown rice
- ½ cup of whole-wheat pasta

Refined grains are not whole grains. Foods made with refined grains, such as white bread and baked goods like cookies and rolls, are often high in calories. They also raise blood sugar more quickly than whole-grain foods.

Read food labels when you shop. Foods high in whole grains usually list "whole grain" as the first item of the contents.

Always talk to your doctor or diabetes educator before you make any changes in your meal plan.

