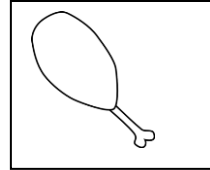
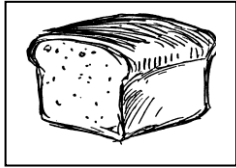


Whole Grains

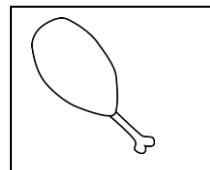
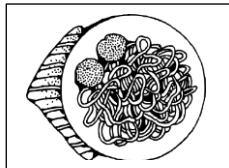
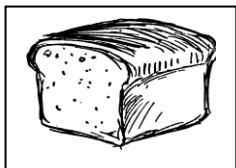
1. Whole grains give you e ____ ____ ____ y.
2. Circle the food(s) that could be whole grain?



3. Name two foods that are whole grain.

Whole Grains

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2. Circle the food(s) that could be whole grain?



3. Name two foods that are whole grain.

Tips: Incorporating More Whole Grains

- Read food labels (the first ingredient should be whole grain).
- Eat popcorn as a snack (keep butter and salt to a minimum).
- Replace refined white flour with whole wheat flour (consult a cookbook).
- Choose whole grain food options when dining out.
 - ex.) Corn tortillas over flour tortillas
Whole wheat bread over sourdough bread
Brown rice over white rice
- Incorporate 3 or more servings of whole grain per day
 - ex) oatmeal, popcorn, whole wheat bread, and brown rice

Benefits:

- Provides the body with fuel (energy)
- Creates a feeling of fullness because these high-fiber foods remain in the stomach for a longer period of time.
- Reduces risk of many chronic diseases



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