



### 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



### 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

