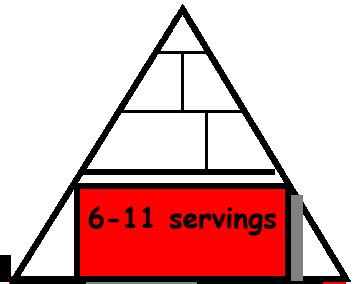
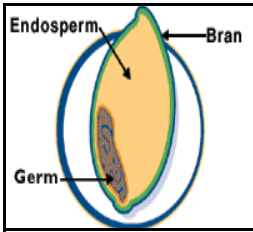


Bread, Cereal, Rice, and Pasta Group



■ What does whole grain mean?



- Whole grains include all three parts of a grain kernel: the bran, germ, and endosperm.
- Whole grain foods are made with all three of the grain parts.

■ Whole grains are the best choice because...

- They are high in fiber and vitamins B & E.
- They help protect against cancer and heart disease.

■ Look for the words "whole grain" on the package and ingredient list.

■ 100% whole grain is the best choice.

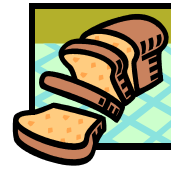
■ The Food Guide Pyramid Recommends 6-11 servings from the grain group each day.

■ How many servings?

- Young Children and Active Teens: 9-11 servings
- Most Women: 6-8 servings
- Active Men: 9-11 servings

■ What is a serving?

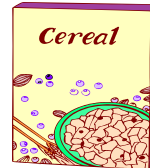
- 1/2 cup pasta = a tennis ball
- 1 slice of bread = a CD holder



100%
Whole
wheat
bread:
1 slice



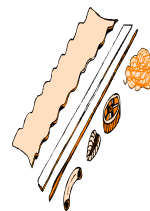
Rye
crackers:
2-5



Whole
wheat
cereal:
1/2 cup



Oatmeal:
1/2 cup
cooked



Whole
wheat
pasta:
1/2 cup
cooked



Corn
tortillas:
1 tortilla
6 in.
across

Eat less:

- White Bread
- Sugary Cereals
- White Rice
- Flour Tortillas