

Make Half Your Grains Whole Grains

Whole grains help:

- Protect against many types of cancer and other diseases
- Decrease risk of heart disease
- Control weight
- Keep bowel habits regular

*When grains are refined, the bran and germ is removed.
Many important nutrients are lost.*

Whole grain foods from Michigan WIC:

- Whole grain bread
- Soft corn or whole grain tortillas
- Whole grain breakfast cereals

Examples of OTHER whole grain foods (not from WIC)

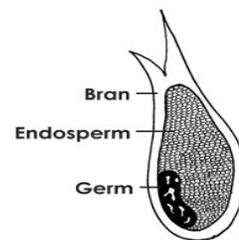
- Whole grain crackers
- Brown rice
- Whole cornmeal
- Whole grain pasta
- Barley and bulgur



**Try to eat 3 servings of
whole grains every day.**

What are whole grains?

Whole grains contain all parts of the grain (bran, endosperm and germ)



Note that “germ” is the name of part of the whole grain – it’s rich in nutrients. This is NOT the “germ” that is tied to illness.

**Look for the word “whole”
listed as the first ingredient.**

Grow a healthy family! Eat whole grains!

Ways to add whole grains with WIC benefits:

- Choose whole grain cereals.
- Choose whole wheat bread instead of white bread.
- Buy corn or whole grain tortillas instead of flour tortillas.

Ways to add whole grains with other foods:

- Replace up to ½ of the white flour with whole wheat flour in your recipes.
- Add brown rice to a casserole or soup.
- Choose whole grain pasta.
- Add cooked barley to soup.
- Choose whole grain crackers for snacks.

My Grain Goal is:

This institution is an equal opportunity provider.