



GRAINS

Grains, especially whole grains, are good for you because:

Health benefits:

Help reduce heart disease, type 2 diabetes, some types of cancer.
 Help your body feel full because they contain a lot of fiber. This may help in weight management

Nutrients

Help provide dietary fiber, B vitamins (thiamin, riboflavin, niacin and folate) iron, magnesium and selenium

Provide a feeling of fullness
 Help food move through the intestines
 Help reduce blood cholesterol levels and lowers the risk of heart disease

Dietary Fiber

Whole grains or non-processed grains
 Flours or pasta made from whole grains

Keeps eyes and skin healthy
 Protect against infections

Vitamin B

Grain products either whole or fortified (vitamins added)

Carry oxygen in the blood

Iron

Wheat, cereals, pasta and white rice to which iron has been added back after processing the whole grain

Help the body form red blood cells

Folic Acid

Cereals, breads, rice, pasta that has Folic acid added back after processing the whole grain (fortified)

Help build bones
 Help release energy from muscles

Magnesium

Whole grain foods such as whole grain bread or oatmeal

Help with immune system

Selenium

Plants and grains grown in areas with selenium in the soil: wheat, corn, rice, oats, barley

*Make half the grains you consume whole (using whole grain sources). The food label should list the whole grain source as the first or main ingredient.