“It was great to talk with you.

Thank you for your interest in ‘Ways to Eat More Whole Grains.’
I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your UPMC Health Plan health coach, I’m ready to help in any way I can.”

**The Whole Grain Kernel**

**Bran**: Fiber- and protein-rich outer protective layer

**Endosperm**: Starchy inner core

**Germ**: Rich in vitamins, essential fats, and antioxidants

Whole grains are richer in fiber, vitamins, and minerals than refined grains. The reason is that whole grains include the bran and germ. Refined grains, such as white rice and most white breads, have the bran and germ removed.

Eating whole instead of refined grains can help you prevent cancer, heart disease, and diabetes. It can also help you reach and stay at a healthy weight.
Ways to Eat More Whole Grains

Whole grains taste great, too, but it can take a little while to get used to the taste and texture. Try these ideas:

- Mix whole grains with refined grains at first. You can mix one part white rice and one part brown rice. Follow package labels for cooking times. Most whole grains take a little longer to cook.
- At first, make sandwiches with one slice of whole wheat and one slice of white bread.
- Try bread made with “white” whole wheat. It tastes like white bread but has the good nutrition of whole wheat.

Important: The words “wheat,” “stone-ground,” and “15-grain” do not mean whole grain. Check food labels for the words “100% whole.” Look on the ingredient list for a whole grain as the first ingredient.

Below are some whole grain foods. Check those you would like to try.

- 100% whole wheat bread, sandwich buns, and rolls
- Pancakes and muffins made with whole grain flour
- Whole grain breakfast cereals (such as oatmeal, Cheerios®, Shredded Wheat®, bran flakes)
- Whole wheat tortillas
- Whole wheat pita bread
- Brown rice
- Wild rice
- Millet
- Whole grain barley (not pearled)
- Bulgur (cracked wheat)
- Whole wheat couscous
- Whole grain pasta
- Whole grain crackers, such as matzo and Triscuits®
- Whole grain flours (Note: Whole grain flours can change the weight and texture of baked goods. Use half whole grain and half refined flours for baking. Or use whole grain pastry flour. Check cookbooks for tips on how to bake with whole grain flours.)
- Popcorn

Take Action

Name two small changes you will make to eat more whole grains.

Examples: I will have brown rice every other time I serve rice with dinner. I will make sandwiches with one slice of white bread and one slice of 100% whole wheat or whole grain bread.

1. __________________________________________________________________________________________________
2. __________________________________________________________________________________________________
3. __________________________________________________________________________________________________

A healthier life is on the line for you!