



Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Refined grains have been milled to remove the bran and germ which improves their shelf life, but it also removes dietary fiber, iron, and many B vitamins.

Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

- Dietary fiber from whole grains may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber in whole grains help provide a feeling of fullness with fewer calories.
- The B vitamins thiamin, riboflavin, and niacin play a key role in metabolism – they help the body release energy from protein, fat, and carbohydrates.
- B vitamins are also essential for a healthy nervous system.
- Folate (folic acid), helps the body form red blood cells.
- Magnesium is a mineral used in building bones and releasing energy from muscles.
- Selenium protects cells from oxidation and ensures healthy immune system.
- Consuming foods containing fiber, whole grains, may reduce constipation.
- Eating whole grains may help with weight management.

At least half of all the grains eaten should be whole grains.

Whole Grains	Refined Grains
<ul style="list-style-type: none"> • amaranth • brown rice • buckwheat • bulgur (cracked wheat) • kamut • millet • muesli • oatmeal • popcorn • quinoa • rolled oats • sorghum • spelt • teff • whole grain barley 	<ul style="list-style-type: none"> • bagels • biscuits • breadcrumbs • cakes • challah bread • cookies • corn flakes • corn tortillas • cornbread • couscous • crackers, saltine • English muffins • flour tortilla • French bread • Grits

<ul style="list-style-type: none"> • whole grain cornmeal • whole grain sorghum • whole rye • whole wheat bread • whole wheat cereal flakes • whole wheat crackers • whole wheat pasta • whole wheat sandwich buns and rolls • whole wheat tortillas • wild rice 	<ul style="list-style-type: none"> • hominy • matzo • naan • noodles • pancakes • pasta (spaghetti, macaroni) • pie/pastry crusts • pita bread • pizza crust • polenta • pretzels • ramen noodles • rice cakes • rice paper (spring roll wrappers) • rice vermicelli • waffles • white bread • white rice • white sandwich buns and rolls
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MyPlate." Choose MyPlate. N.p., 14 Nov. 2017. Web.