



Helping Mississippians live happier, healthier lives!

WHOLE GRAINS



Do you enjoy eating oatmeal for breakfast? Oatmeal is a whole grain! Mississippi grows whole grains like wheat and oats. Whole grains, like oatmeal, brown rice, popcorn, and barley, contain fiber, vitamins, and minerals that are important for health.

SELECT

- Look for the word “whole” in the first ingredient.
 - Examples: “whole-wheat flour,” “whole-grain durum wheat flour,” “whole-grain corn.”
 - The ingredient list is the only way to know if you are buying a whole grain.
 - Brown rice, oats, popcorn, and quinoa are always whole grains.
 - Choose oatmeal, cereal, cereal bars, and other snacks with little added sugar.
 - Select low-salt or no-salt crackers and popcorn.
- Select at least half of your grains from whole grains. There are many whole grains to choose from and enjoy, such as whole-wheat bread, pasta, cereal, and crackers.



PREPARE

- Buy or prepare pasta sauces low in fat or sugar.
- Try adding your favorite fruits to whole-grain cereals or oatmeal.
- Use herbs and oils instead of salt and butter to flavor dishes.

STORE

- Keep whole grains in sealed containers.
- Store sealed containers in a cool, dry place like a cabinet or pantry.
- Check packaging for expiration dates and recommended storage tips.

BENEFIT

- Eating whole grains regularly has been shown to lower cholesterol and improve heart health, which may help lower the risks for heart disease or stroke.
- Whole grains contain many nutrients, including vitamins, minerals, fiber, protein, and plant compounds that help prevent diseases.
- The fiber in whole grains helps with digestion.
- Those with a gluten allergy or celiac disease should work with their healthcare provider to plan a healthy diet.

FUN WITH FOOD

CHILDREN CAN HELP

- Look for the word “whole” in the first ingredient on the nutrition facts label.
- Measure water for cooking whole-grain pasta, rice, or cereal.



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WWW.HAPPYHEALTHY.MS

WHAT MAKES A GRAIN WHOLE?

BRAN LAYERS

- most of the fiber
- B vitamins
- protein
- iron and other minerals
- missing from white flour

ENDOSPERM

- protein
- complex carbohydrates (starch)
- iron
- a few of the B vitamins
- a little fiber
- sole source of white flour

GERM

- rich source of vitamin E
- greatest share of B vitamins
- fiber
- iron and other minerals
- phytochemicals that may help lower the risk for heart disease and cancer
- missing from white flour



EASY HOMEMADE GRANOLA

- Vegetable oil or vegetable oil cooking spray
- 3 cups uncooked, old-fashioned rolled oats
- ¼ cup pecan pieces (optional)
- ¼ cup vegetable oil
- ¼ cup honey
- 1 teaspoon cinnamon

1. Preheat oven to 325°F.
2. Wash your hands well with soap and warm water for at least 20 seconds.
3. Coat a baking pan with vegetable oil cooking spray or vegetable oil.
4. Add the oats, pecans (optional), oil, honey, and cinnamon to a medium mixing bowl and mix well.
5. Spread the mixture evenly on the baking pan, and bake for 20 minutes. Use a spatula to stir the granola to keep it from sticking while cooling.
6. Store in an airtight container after cooking.

LEARN MORE

- To learn more about cooking or buying whole grains, visit [HappyHealthy.MS](https://www.happyhealthy.ms) and click on Tips and Videos.
- Cook Whole Grains and Pasta
- How to Oatmeal Your Way

SOME COMMON WHOLE-GRAIN FOODS

- | | |
|----------------------------|--|
| • Amaranth | • Oatmeal |
| • Barley (hulled) | • Popcorn |
| • Brown rice | • Quinoa |
| • Buckwheat groats (kasha) | • Rye bread crackers (whole) |
| • Bulgur | • Whole-wheat (100%) bread, cereal, and crackers |
| • Corn | • Whole-grain pasta |
| • Millet | |

At least half of all the grains you consume should be whole grains. Increase your whole-grain intake by replacing refined grains with whole grains.

Whole grains are excellent for weight management, blood sugar control, and lowering your risk of heart disease and cancer.



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