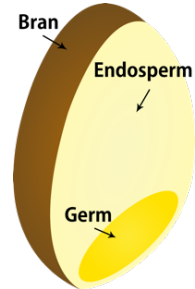


## WHOLE GRAINS

### What is a whole grain?

A cereal grain that contains the bran, germ and endosperm qualifies as a **whole grain**. The bran is the outer layer of the grain which contains B vitamins and fiber; the germ is the nutrient rich embryo which can grow into a new plant and contains B vitamins, antioxidants, minerals and healthy fats; the endosperm is the largest portion of the grain and contains mostly starch. Refined grains only contain the endosperm.



### Benefits of eating whole grains

Whole grains are good sources of B vitamins, minerals and fiber. They are naturally low in fat. Eating whole grains may reduce your risk of some chronic diseases such as heart disease, diabetes and certain cancers.

### Examples of whole grains

- Barley
- Brown rice
- Buckwheat
- Corn
- Millet
- Oats
- Quinoa
- Rye
- Sorghum
- Wheat
- Wild rice

### Nutrient content of some whole grains

Whole Grain	Calories per ½ cup (cooked)	Protein (gm)	Carb (gm)	Fat (gm)	Fiber (gm)
Barley	99	2	23	0.5	3
Brown rice	108	2.5	23	1	1.8
Buckwheat	78	3	17	0.5	2.3
Oats	73	3	13	1	2
Quinoa	115	4	21	1.8	1.8

### How much whole grains should a person eat a day?

The U.S. Dietary guidelines recommend that at least 50% of all the grains eaten should be whole grains. We should aim to eat 3-5 servings of whole grains a day.

### What is a serving of whole grain?

A serving of whole grain can be any of the following:

- ½ cup cooked brown rice or other cooked grain
- ½ cup cooked 100% whole-grain pasta
- ½ cup cooked hot cereal, such as oatmeal
- 1 ounce uncooked whole grain pasta, brown rice or other grain
- 1 slice 100% whole grain bread
- 1 cup 100% whole grain ready-to-eat cereal

### How to include more whole grains in your diet

- Mix brown rice or other whole grains with white rice when making rice porridge (jook)
- Have oatmeal or millet porridge instead of traditional rice porridge (made from white rice)
- Have brown rice, wild rice or quinoa in place of white rice
- Choose whole wheat noodles or pasta instead of instant noodles, Chinese egg noodles or rice noodles (mei-fun, ho-fun)
- Choose 100% whole wheat bread, crackers or steamed bun instead of white bread, regular crackers or pastry bun
- Add barley to soups
- Choose products with the Whole Grain stamp



For more information about whole grains:

<http://wholegrainscouncil.org/whole-grains-101>

<http://www.healthyeating.org/Healthy-Eating/All-Star-Foods/Grains.aspx>