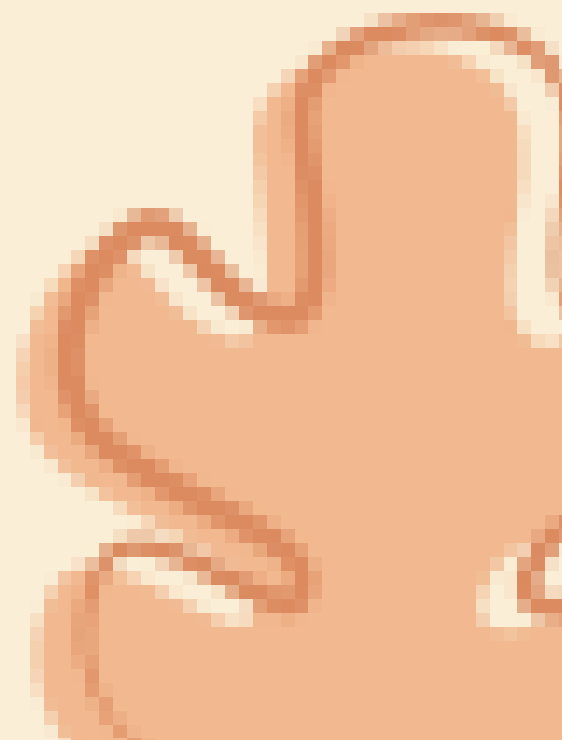




# Great Grains

Eastern Highlands Health  
District



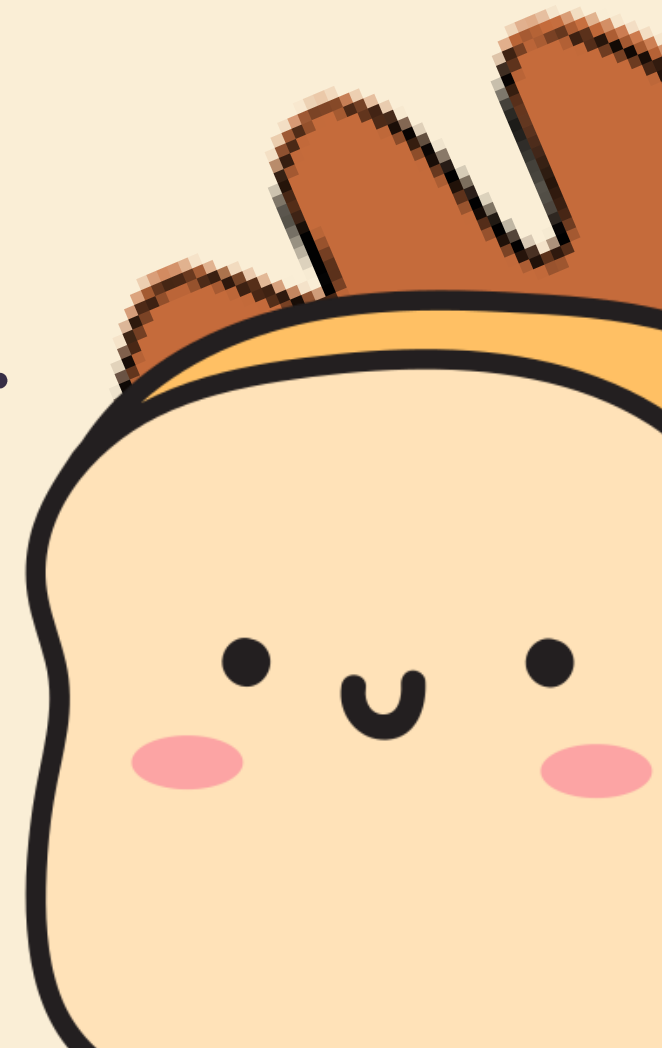
# Whole Grain video



**“Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.**

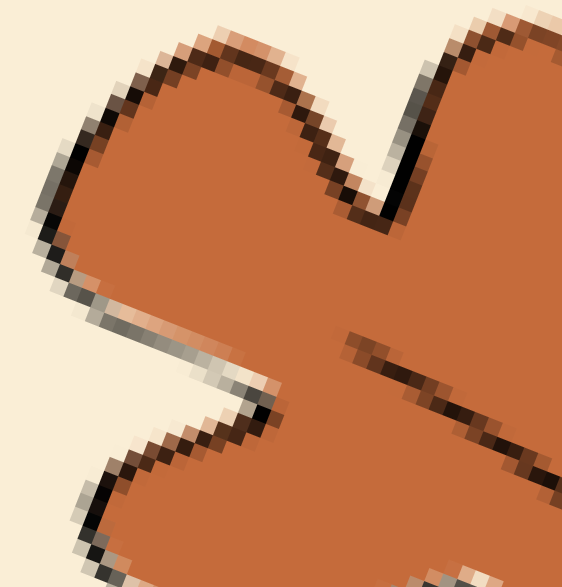
**Grains have two subgroups: whole grains and refined grains”.**

Source: [Myplate.gov/eat-healthy/grains](https://myplate.gov/eat-healthy/grains)



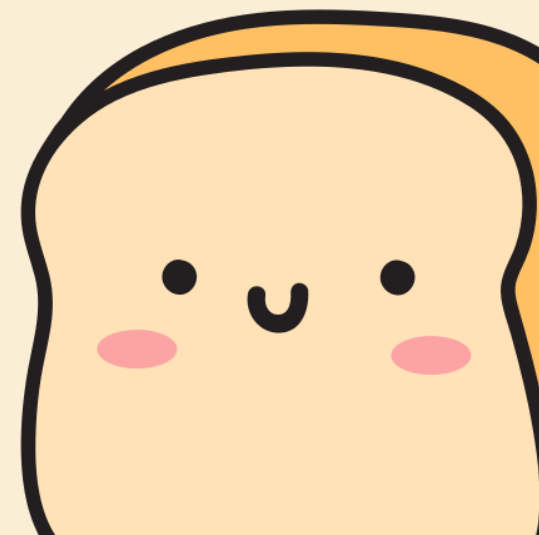


**“Whole grains have the entire grain kernel, which includes the bran, germ, and endosperm. Some whole-grain examples are whole-wheat flour, bulgur (cracked wheat), oatmeal, and brown rice.”**





**“Refined grains should be enriched. This means adding back certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron. However, fiber is not added back to enriched grains. Check the ingredient list on refined grain products. The word "enriched" should appear in the grain name. Some food products are made from mixtures of whole grains and refined grains. Only foods that are made with 100% whole grains are considered a whole grain food.”**





# People who eat Whole Grains reduce serious health risks

**risk of  
heart disease  
drops 25-36%**



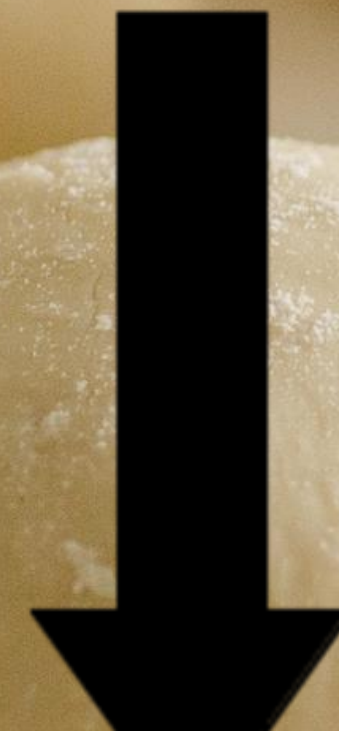
**risk of  
Type 2 Diabetes  
drops 21-27%**




**risk of  
digestive cancers  
drops 21-43%**



**risk of  
stroke  
drops 37%**



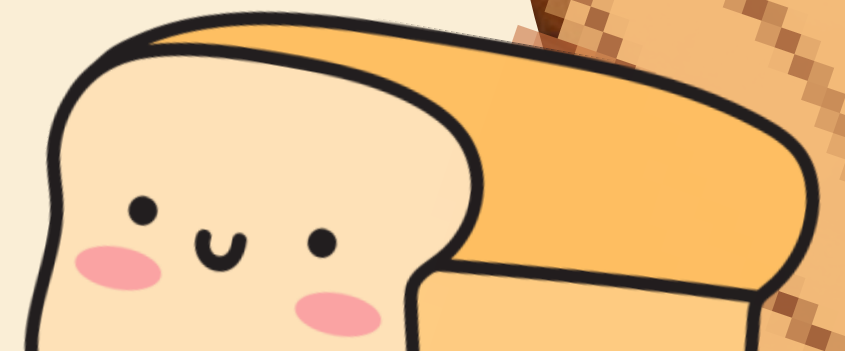


• **Controls Weight.** Women and men who ate more whole grains consistently gained less weight over an 8-12 year period, in Harvard studies.

• **Longer Lives.** In a 2015 Harvard study, every one-ounce serving of whole grains was associated with a 5% lower total risk of death, and a 9% lower risk of death from heart disease.

• **Drops Blood Pressure.** Eating a whole-grain oat cereal, such as oatmeal, every day for three months enabled 73% of those with high blood pressure to reduce or eliminate their need for medication, University of Minnesota investigators reported."

Source: Oldways Whole Grains Council



# How Much do you Need?

It depends on several factors including:

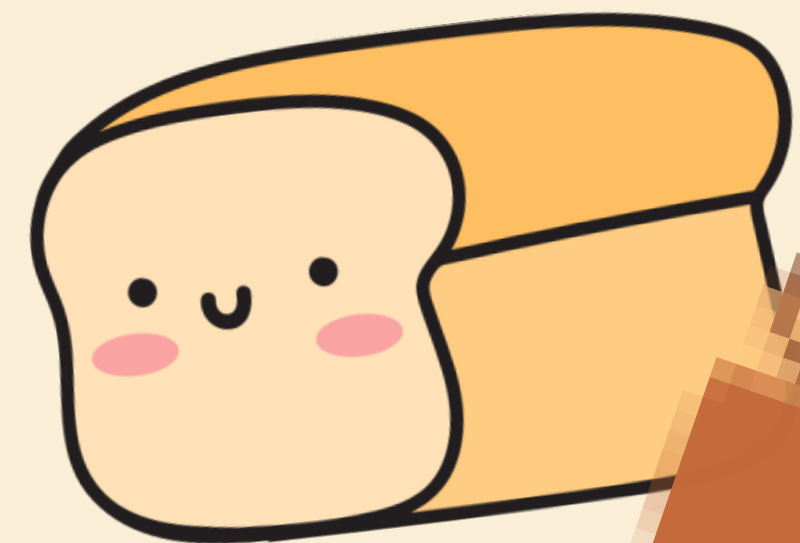
AGE

SEX

HEIGHT

WEIGHT

PHYSICAL ACTIVITY







**Most American get enough grains  
but they don't get enough whole  
grains**

**Whole Grains provide more fiber and  
vitamins and minerals**



# Ancient Grains Video

# Whole Grains

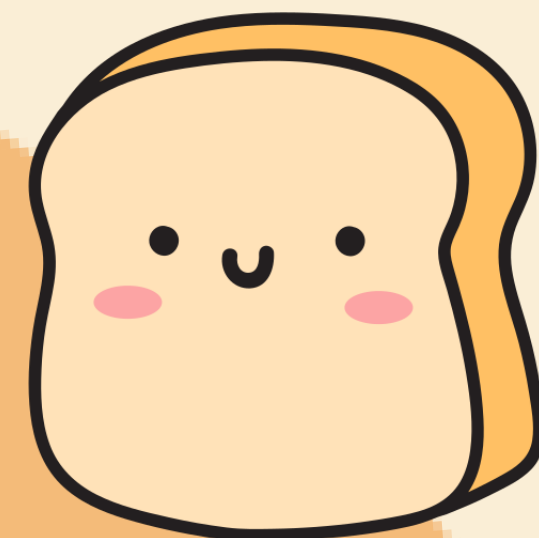
Brown Rice

Oats

Farro

Whole Wheat Products

Quinoa



# Health Benefits



**“All food and beverage choices matter. Focus on variety, amount, and nutrition.**

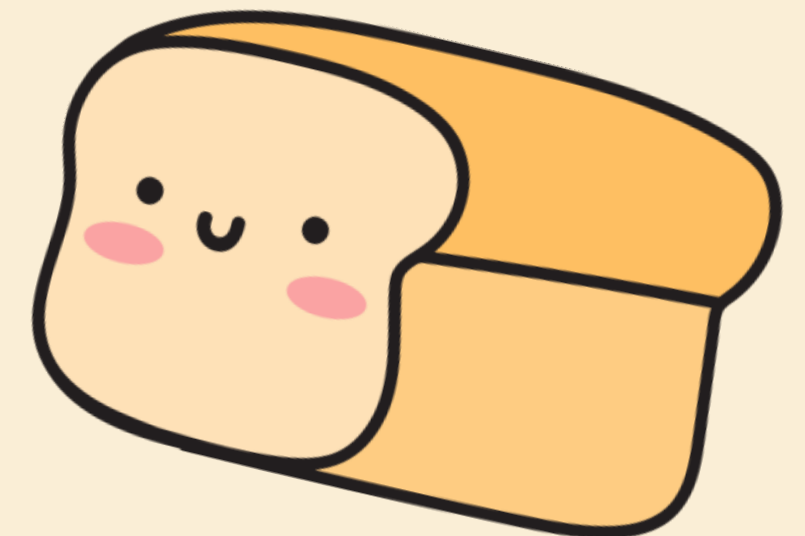
**Eating whole grains as part of a healthy diet may reduce the risk of getting heart disease.**

**Eating whole grain foods that have fiber, as part of an overall healthy diet, can support healthy digestion.**

**Eating whole grains, as part of an overall healthy diet, may help with weight management.**

**Eating grain products fortified with folic acid before and during pregnancy as part of an overall healthy diet helps prevent neural tube defects. Neural tube defects are birth defects of the brain, spine, or spinal cord.”**

Source: [Myplate.gov/eat-healthy/grains](https://myplate.gov/eat-healthy/grains)



Test Kitchen How  
to Cook Grains  
Video

## Sources:

[American Heart Association](#)

[Myplate.gov](#)

[Test Kitchen](#)

[Oldways Whole Grains Council](#)

[Penn State](#)

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