



WHOLE GRAIN SHOPPING TIPS

HOW MANY WHOLE GRAINS DO YOU NEED AND WHAT IS A SERVING?

A full serving of whole grain is defined as 16 grams or more of whole grain ingredients. The U.S. Dietary Guidelines recommend that adults eat **48** grams or more of whole grains daily and that children ages 4-13 years old eat **40-48** grams per day¹.

HOW TO MAKE SURE IT'S A WHOLE GRAIN

There are 2 ways to identify whole grain products:

- 1. Read the label.** Be sure to look for the word “whole” on the ingredients list. If it lists *whole grain* wheat, whole oats, whole corn, stone ground whole grain or brown rice, then it contains all the parts of the grain. In addition, many whole grain products claim the number of grams of whole grains somewhere on the package. For instance, some say: “contains 8 grams of whole grains per serving.” You can trust these statements². However, foods made only with bran are not *whole grain* products. Although it may read “high fiber” or “100% wheat” on the label, it does not always mean it’s made from whole grains.
- 2. Look for the Whole Grain Stamp.** There are two Whole Grain Stamps: the Basic and the 100%. The basic stamp is used on products that offer at least a half serving of whole grains (8g). The 100% stamp is used on products that contain at least 16g of whole grains per labeled serving and indicates that the product is made with grain ingredients that are 100% whole. With the Whole Grain Stamp, incorporating whole grains into your diet is easy. Choose either three products with the 100% stamp or six items with the basic stamp to reach your 48g per day.

References:

1. <http://choosemyplate.gov/food-groups/grains-amount.pdf>
2. <http://wholegrainscouncil.org/whole-grains-101/identifying-whole-grain-products>
3. <http://wholegrainscouncil.org/whole-grain-stamp-0>

100% STONEGROUND WHOLE WHEAT BREAD

Amount Per Serving		% Daily Value*	Amount Per Serving		% Daily Value*
Total Fat 1.5g		2%	Total Carbohydrate 27g		9%
Saturated Fat 0g		0%	Dietary Fiber 3g		12%
Trans Fat 0g			Sugars 4g		
Polysaturated Fat 0.5g			Protein 6g		
Monounsaturated Fat 0.5g					
Cholesterol 0mg		0%			
Sodium 160mg		8%			
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 6% Thiamin 6% • Riboflavin 2% • Niacin 4% • Folic Acid 6%					

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, SUGAR, WHEAT GLUTEN, CRACKED WHEAT, WHEAT BRAN, SOYBEAN OIL, HONEY, MCLASSES, SALT, MONO- AND DIGLYCERIDES, DATEM, CALCIUM PROPIONATE (PRESERVATIVE), GRAIN VINEGAR, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, SOY LECITHIN, ETHOXYLATED MONO- AND DIGLYCERIDES, CORNSTARCH, CITRIC ACID, POTASSIUM IODATE, WHEY, SOY FLOUR, NONFAT MILK.



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