



## Add More Whole Grains to Meals

### CHALLENGE

Eat at least  
3 servings of  
whole grains  
a day.

### Requirements to complete this HEALTH CHALLENGE™

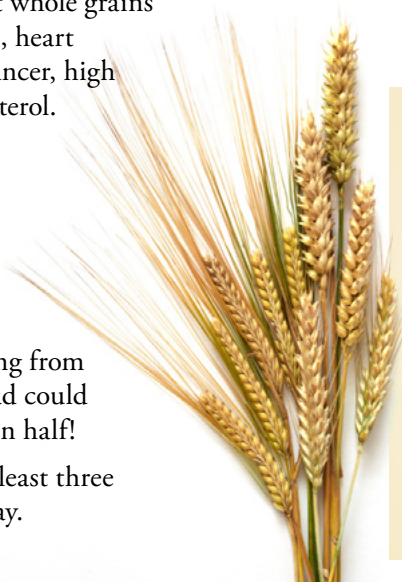
1. Read "Add More Whole Grains to Meals."
2. To complete the challenge, eat three or more servings of whole grains on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.

Bread is a staple food in most cultures around the world. But not every loaf of bread is the same. The healthiest breads are those made with whole-grain flour. Before you add a loaf to your cart at the grocery store, take a minute to read the label. If "enriched flour" or "wheat flour" is the first ingredient (and it is for most white breads), you'll be missing out on the important health benefits of whole grains. It's true for cereal, pasta, rice, and oats too. When you buy these foods, make sure they are made from whole grains.

Whole grains are a great source of fiber, B vitamins, iron, magnesium, and other nutrients that your body needs for good health. Many studies show that when people ate more whole grains than refined grains, they lowered their risk for obesity. Research shows that whole grains also lower your risk for diabetes, heart disease, colon and pancreatic cancer, high blood pressure, and high cholesterol.

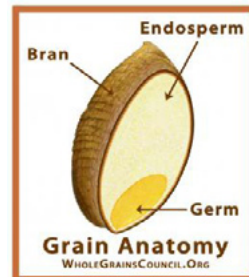
In a 14-year Adventist Health study, people who ate primarily whole-wheat bread (compared to those who ate white bread) reduced their risk of heart attack by 46 percent. Something as simple as switching from white bread to whole-grain bread could cut your risk for a heart attack in half!

This month, set a goal to eat at least three servings of whole grains each day.



### What's a whole grain?

A whole grain is a cereal grain made up of three parts: the bran, the germ, and the endosperm. Some common and readily available whole grains are wheat, barley, brown rice, popcorn, and oats. A grain can be eaten whole, cracked, split, or ground, and still be a "whole grain" – as long as all three parts are present.



### Look for "Whole Grains" on Food Labels

Many food manufacturers use refined grains to make bread, rice, and pasta. When a whole grain is refined, half of its vitamins and minerals and most of its fiber are removed. Enriched flours have some nutrients added back in. But it's never as much as what was in the whole grain. Lost fiber is never added back.

- ✓ Read food labels carefully. Some "wheat bread" is actually white bread made with caramel-colored food dye.
- ✓ Look for the *Whole Grains Stamp* on food labels. The U.S. Whole Grains Council created the stamp of approval to make it easier for shoppers to identify foods made with whole grains.
- ✓ In Canada, a similar stamp is used to identify foods made with whole grains.



EAT 48g OR MORE OF  
WHOLE GRAINS DAILY



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### Take the Whole Grains Quiz

Do you eat enough whole grains each day?  
Take this quiz to find out.

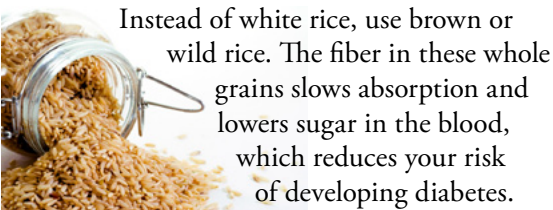
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- I use white bread for sandwiches and toast.
- I like white rice more than brown or wild rice.
- I only use white flour for baking.
- I rarely or never read food labels to see what kind of grains I buy.
- I rarely eat three servings of whole grains a day.

If you answered "yes" to any of these questions, you can improve your overall health by eating more whole grains.

## Use Brown or Wild Rice

The next time you order out, or make your own stir-fry or rice and beans dish, pass on the white rice. White rice is brown rice that has been refined. The refining process strips away the rice grain's outer layer, and removes vitamins, minerals, healthy oils, and other nutrients. More than not being a nutrient-rich food, white rice might increase your risk for diabetes. In a Harvard study of 352,000 people, researchers found that people who ate the most white rice were 1.5 times more likely to develop type 2 diabetes than those who ate the least amount of white rice.



Instead of white rice, use brown or wild rice. The fiber in these whole grains slows absorption and lowers sugar in the blood, which reduces your risk of developing diabetes.

## Choose Whole-Grain Pasta

The average American eats 20 pounds of pasta a year. Spaghetti, macaroni, fettuccine, and lasagna, are favorites that are eaten at least once a week. But pasta is generally made from refined white flour. And that means it's missing a lot of its nutritional value.

Pick up a package of pasta and read the label. Look for "100% whole durum wheat" on the label. Durum is a sturdy kind of wheat grain that's commonly used to make pasta. Buckwheat, spelt, quinoa, brown rice, corn, and kamut are other whole grains used to make pasta.

## Eat a Whole-Grain Breakfast

Eating fiber-rich foods like whole-wheat toast, whole-grain cereal, and oatmeal for breakfast can help you control your weight. An estimated 78 percent of people who successfully lost excess weight said they ate breakfast daily. And those who avoided gaining back lost weight said their breakfast typically included whole grains and fruit.



## Develop a Whole-Grain Habit

With a little effort, you can develop a healthy habit of eating at least three servings of whole grains a day. Examples of a single serving are: one slice of whole-wheat bread, one cup of whole-grain (dry) cereal, or ½ cup of cooked brown rice, whole-grain pasta, or oatmeal. It's easy to add whole grains to treats and recipes you already enjoy. Start by adding them one meal at a time:

### Breakfast

- ✓ Eat one slice of 100-percent whole-grain toast.
- ✓ Try a bowl of whole-grain cereal with skim or soy milk.
- ✓ Cook oatmeal for breakfast.
- ✓ Add whole-grain granola to yogurt.
- ✓ Use whole grains to make biscuits, waffles, and pancakes.

Try these healthy whole-grain recipes

[www.wholegrainscouncil.org/recipes](http://www.wholegrainscouncil.org/recipes)

### Snacks & Desserts

- ✓ Bake your own whole-grain granola bars and cookies.
- ✓ Eat a bowl of air-popped popcorn instead of white-flour pretzels or cookies.
- ✓ Try whole-grain chips and crackers.
- ✓ Add oatmeal to recipes for cookies and other baked treats.

### In the Kitchen

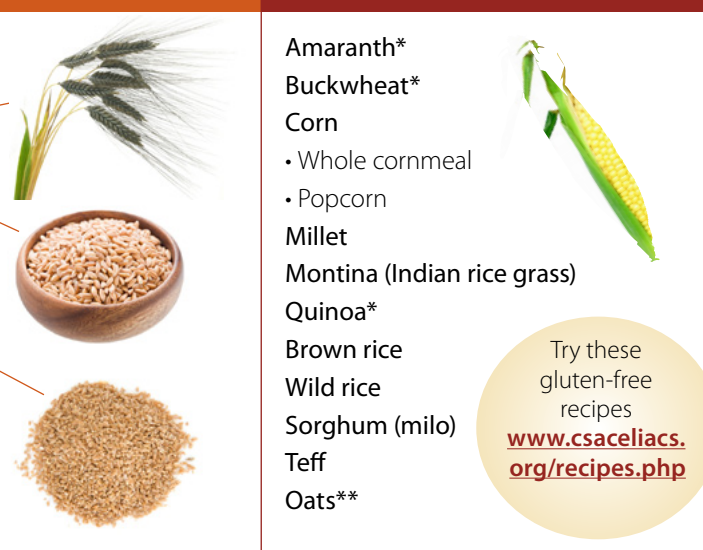
- ✓ Use a mix of whole-grain flour and white flour when you bake. Try a 50-50 mix, and use more whole-wheat flour as you get used to the taste.
- ✓ Clean out your pantry and eliminate foods made with only refined or enriched wheat.



## But I'm allergic to wheat...

If you think you are sensitive or allergic to wheat or gluten, talk with your doctor. And try these whole-grain alternatives.

Grains with Gluten	Gluten-FREE Grains
<p><b>Wheat</b></p> <ul style="list-style-type: none"><li>• Spelt</li><li>• Emmer</li><li>• Faro</li><li>• Einkorn</li><li>• Kamut</li><li>• Durum</li><li>• Bulgur</li><li>• Semolina</li><li>• Wheatberries</li></ul> <p><b>Barley</b></p> <p><b>Rye</b></p> <p><b>Triticale</b></p> <p><b>Oats**</b></p>	<p><b>Amaranth*</b></p> <p><b>Buckwheat*</b></p> <p><b>Corn</b></p> <ul style="list-style-type: none"><li>• Whole cornmeal</li><li>• Popcorn</li></ul> <p><b>Millet</b></p> <p><b>Montina (Indian rice grass)</b></p> <p><b>Quinoa*</b></p> <p><b>Brown rice</b></p> <p><b>Wild rice</b></p> <p><b>Sorghum (milo)</b></p> <p><b>Teff</b></p> <p><b>Oats**</b></p>



\*These "pseudo-grains" are included with true cereal grains because their nutritional profile, preparation, and use are so similar.

\*\*Oats are gluten-free. But they are often contaminated with wheat during growing or processing.

### Sources:

*Journal of Nutrition. 2012.*

*British Medical Journal. 2012.*

*The Whole Grains Council. 2012.*

*Archives of Internal Medicine. 2011.*

*American Journal of Clinical Nutrition.*

*Centers for Disease Control and Prevention.*

*American Diabetes Association.*



# Eat More Whole Grains

**CHALLENGE**  
**Eat at least 3 servings of whole grains a day.**

**Instructions**

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you eat at least three servings of whole grains.
3. At the end of the month, total the number of days you ate three or more servings of whole grains. You must eat at least three servings of whole grains on 22 days this month to complete the Challenge. Then keep up this practice for a lifetime of best health.

MONTH:							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
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\_\_\_\_\_ Number of days this month I ate 3 or more servings of whole grains

\_\_\_\_\_ Number of days this month I got 30+ minutes of physical activity such as brisk walking or biking

**Other wellness projects completed this month:**

\_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_