

Getting to Know Your Whole Grains

Name _____

Directions

All foods in the grain group contain carbohydrate, but whole grains are a much better choice than refined grains. Place each of the grain-based foods in the Food List table (table 2.1) into the appropriate column in the Sort It Out table (table 2.2).

TABLE 2.1 Food List

Instant oatmeal	100% whole-wheat sandwich buns and rolls	100% whole-wheat English muffin	Whole-grain crackers
Corn Flakes	Wild rice	Couscous	Cupcakes
Whole-grain oat squares cereal	Instant noodles	Corn tortillas	Crackers
Cornbread	100% whole-wheat tortillas and pitas	Spaghetti	Pretzels
Whole-wheat couscous	Pasta salad	Shredded wheat cereal	Sandwich buns and rolls
Kasha (hot cereal)	100% whole-wheat mini bagel	White rice	Tabouleh (bulgur salad)
Farro	Doughnut	White bread	Apple Jacks cereal
Quinoa	Millet	Pumpkin pie	Bulgur
Macaroni	Buckwheat pancakes	Cake	Barley pilaf
Cheerios	100% whole-wheat spaghetti	Muffin	Brown rice
Steel-cut oatmeal	Waffles	100% whole-wheat bread	Chocolate chip cookie

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

TABLE 2.2 Sort It Out

Whole grains	Refined grains

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).