

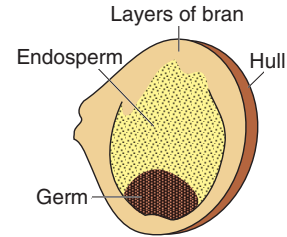


# The Power of Whole Grains

## What in the world are whole grains?

They are grains like wheat, oats, and rice that have not been changed much from their natural state.

Whole grains still have their natural outer shell (the bran) and inner core (the germ). The bran and germ are packed with vitamins, minerals, and fiber. Most grains eaten in the United States are “refined” grains, meaning that the nutritious bran and germ are removed.



A whole-wheat kernel.

## Why are whole grains powerfully good?

Whole grains taste great! They have more vitamins, more minerals, and more fiber than refined grains. They give you energy that lasts.

## Where can I find whole grains?

Whole grains are everywhere! Choose plain steel-cut oatmeal for breakfast. At lunch, ask for a sandwich on 100% whole-wheat bread, or pick brown rice pilaf or tabouleh as a side dish. For great whole-grain snacks, try whole-grain crackers with a savory spread like hummus (made with chickpeas and sesame paste) or guacamole (made with avocados).. Feeling adventurous? Try barley, buckwheat, millet, or quinoa (pronounced “KEEN-wah”).

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).

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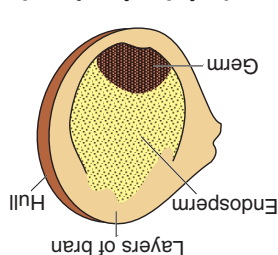
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