What is a Whole Grain?
Whole grains are grains in their natural form. They contain the vitamin and mineral-rich bran and germ parts of the grain, in addition to the starchy endosperm. The germ and bran give the grain the fuel it needs to grow into a plant.

Common Whole Grains:
- Brown Rice
- Corn
- Whole Wheat Bread
- Quinoa

What is a Refined Grain?
Refined grains are made when the bran and germ are removed from a whole grain, leaving only the starchy carbohydrate.

Common Refined Grains:
- White Rice
- White Bread
- White Flour Tortillas
- Foods made with "enriched flour"

Whole Grains Have Many Superpowers:
- **Good For Your Heart**
  Whole grains are a good source of fiber, which lowers your risk for heart disease, stroke, and type II diabetes.
- **Balances Blood Sugar**
  Whole grains are high in fiber, which helps promote balanced blood sugar.

Learn more at freshapproach.org/veggierx
Tips for Eating More Whole Grains

1. **Make simple swaps.** Try brown rice instead of white rice, or 100% corn or whole wheat tortillas instead of white tortillas.

2. **Snack on popcorn.** Did you know popcorn counts as a whole grain? Pop it yourself on the stove or in an air popper—it’s cheaper and healthier than the microwavable bags.

3. **Cook in bulk.** Cook a double batch of brown rice, steel cut oats, or quinoa. Freeze half to heat and serve later for a quick side dish.

4. **Mix it up.** Add whole grains to mixed dishes, like soups, stews, or salads.

5. **Try whole wheat versions.** Try pasta, crackers, breads, or bagels made with 100% whole wheat.

6. **Bake up some whole grain goodness.** Experiment by baking with whole wheat, oat, or buckwheat flour. Look for recipes that include whole grain flour, as they often need more leavening in order to rise.

Be a Role Model

Set a good example for the children in your life by serving and eating whole grains every day, with meals or as snacks.

Be a Smart Shopper

**Don’t be Fooled by Color.** The color of a food is not a good way to tell if a food is whole grain. Many manufacturers add brown food coloring to refined grain products.

**Don’t be Fooled by Names.** Foods labeled as multi-grain, stone-ground, 100% wheat, cracked wheat, seven grain, or bran are not usually 100% whole grain, and might not contain any whole grain.

**Read the Ingredients List.** Look for products that name a whole grain ingredient first on the list. Look for whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole grain cornmeal, whole oats, or whole rye.

---

VeggieRx Cooking & Nutrition
Learn more at freshapproach.org/veggierx