Eat at least 3 servings of whole grains in 1 day.

What is a serving of whole grains? In general 1 serving is:

- 1 slice of 100% whole grain bread
- ½ of a 100% whole grain bun, bagel, English muffin or similar
- ½ cup brown rice, pasta, cooked hot cereal or other cooked whole grain
- 1 cup whole grain ready-to-eat cereal (such as shredded wheat, many granolas, Wheat Chex, Whole Grain Total, Wheaties, Oatmeal Squares)
- 1 100% whole grain waffle, pancake or granola bar
- 6-10 whole grain crackers

For specific information on whole grain servings see: [http://wholegrainscouncil.org/whole-grains-101/what-counts-as-a-serving](http://wholegrainscouncil.org/whole-grains-101/what-counts-as-a-serving) or for general grain serving sizes see: [http://www.choosemyplate.gov/grains](http://www.choosemyplate.gov/grains)

Try a whole grain that you have never eaten before

Looking for a new whole grain to try?

What is a whole grain? Any grain food listed as 100% whole grain (such as bread, pasta, cereals) and some grains such as oats/oatmeal, brown or wild rice, quinoa, corn/corn meal and many more less well known grains. Find more whole grain options or learn more about whole grains at: [http://wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z](http://wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z)

Add whole grains by experimenting with substituting buckwheat, millet or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes (they may need a bit more leavening). Make higher fiber flour by grinding oats, quinoa, split peas or lentils into flour (in a coffee grinder or high power blender).

See recipes for new ways to eat whole grains!

Eat a whole grain for breakfast

**Breakfast** – start your day with whole grains! Try whole grain toast, bagel, English muffin, waffles or pancakes; oatmeal or other whole grain cereals such as shredded wheat and many granolas.

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.

See recipes for more whole grain breakfast ideas.

Eat a high fiber food as a snack

- Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter.
- Try a fruit parfait with oatmeal or granola for a high fiber sweet treat.
- Snack on a whole grain cereal or mix a whole grain cereal with some nuts and dried fruit – all have lots of fiber.
- Eat a snack bar that’s high in fiber – check the label for one with the fewest ingredients, whole grains as the first or second ingredient, low in sugar and added fat (note: some bars are higher in fat when they contain nuts).
- Make your own granola or trail mix to have as a snack.

For more information on fiber and whole grains:

[http://www.choosemyplate.gov/grains-tips](http://www.choosemyplate.gov/grains-tips)
[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Whole-Grains-and-Fiber_UCM_303249_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Whole-Grains-and-Fiber_UCM_303249_Article.jsp)
[http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet4MakeHalfYourGrainsWhole.pdf](http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet4MakeHalfYourGrainsWhole.pdf)
Pumpkin Pie Oatmeal

**Ingredients**
- ½ cup whole grain oatmeal
- 1 cup water
- ¼ cup milk
- ½ cup pure pumpkin puree
- 1-2 tsp brown sugar or sweetener of choice (optional)
- 2 tsp ground cinnamon or pumpkin pie spice

*Optional:* add walnuts, almonds or granola for an added crunch

**Directions**
- Microwave water and oatmeal for 2 minutes.
- Stir in milk
- Stir in pumpkin puree, and sweetener
- Top oatmeal with cinnamon or pumpkin pie spice.

Chocolate Chip Cookie Dough Overnight Oats

**Ingredients**
- 1 cup whole grain Rolled Oats
- 1 cup low fat Milk
- ½ very ripe Banana
- 3 tablespoons Vanilla Protein Powder
- 1 teaspoon Vanilla Extract
- Sweetener to taste

*Optional:* 2 tablespoons Mini Chocolate Chip

**Directions**
- Place ½ of banana in small microwaveable bowl and microwave for 30 seconds
- Combine all ingredients except chocolate chips into glass jar and shake after securing lid until all ingredients are combined
- Place in refrigerator overnight or at least for 4 hours.
- When ready to eat, remove from fridge, mix in chips and enjoy!

*Note:* For a more milky consistency, add an extra splash of milk before eating.

Serves: 2 (about ½ cup)
**Taco Munch Snack Mix**

*Ingredients*
- 3 cups popped, unsalted popcorn
- 1 cup toasted corn cereal squares
- ½ cup mini-pretzels
- 1 Tablespoon butter, melted
- 1 to 2 teaspoons dry taco seasoning mix
- 1 Tablespoon grated Parmesan cheese

*Directions*
- Combine popcorn, cereal and pretzels in a large bowl. Combine butter and taco seasoning and drizzle this over popcorn mixture.
- Sprinkle with Parmesan cheese and toss to coat.
- Store in an airtight container.
- Toss with cheddar cheese just before serving. Makes 10 servings.

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**Simple Whole Grain Salad**

*Ingredients*
- 2 cups of a cooked whole grain (brown rice, quinoa, pasta, barley, bulgur, millet or other)
- 2 cups of raw vegetables, chopped into small pieces (bell peppers, tomato, carrots, broccoli, cucumber or cooked small frozen vegetables like corn, peas, green beans)
- 1/4 to 1/3 cup favorite salad dressing
- Optional: add small pieces of cheese, canned beans like garbanzo or black beans, chopped olives, dried fruit, chopped fresh herbs, canned tuna or chicken.

*Experiment with a variety of ingredients to create your favorite combinations!*

*Directions*
- Cook whole grain according to package directions (to make 2 cups cooked, for most grains, start with 1 cup dry).
- Drain and put into a bowl, add dressing while grain is still warm and mix well.
- Add vegetables and other ingredients.
- Mix well and refrigerate until chilled.

*Makes about 4 servings.*

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**Quinoa Omelet Bites**

*Ingredients*
- 1 cup cooked quinoa, warmed
- 1/2 cup shredded cheddar or mozzarella cheese
- 1 egg
- 1 clove garlic minced
- Pinch of salt
- 1/3 cup chopped fresh spinach or broccoli

*Directions*
- Preheat oven to 350°F and spray a mini muffin tin with cooking spray.
- In a medium bowl, mix the warm quinoa with the cheese to melt the cheese.
- Add the egg, garlic, salt, and spinach leaves. Stir to combine.
- Spoon mixture into mini muffin tins, filling to the top.
- Bake at 350°F for 20 minutes. Remove from oven and let cool for 10 minutes. Run a small knife around the edges to loosen and pop out of the muffin tin.

Find more whole grain recipe ideas at: [http://wholegrainscouncil.org/recipes](http://wholegrainscouncil.org/recipes)