

# ChooseMyPlate – Grains

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## What’s in the Grains Group?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

List a few commonly eaten grain products.

1.	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

**Key Consumer Message:** \_\_\_\_\_

## How Much is Needed?

The amount of grains you need to eat depends on your age, sex, and level of physical activity.

<b>Daily Recommendation*</b>		
<b>Children</b>	2-3 years old	
	4-8 years old	
<b>Girls</b>	9-13 years old	
	14-18 years old	
<b>Boys</b>	9-13 years old	
	14-18 years old	
<b>Women</b>	19-30 years old	
	31-50 years old	
	51+ years old	
<b>Men</b>	19-30 years old	
	31-50 years old	
	51+ years old	

\*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

### What Counts as an Ounce?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the Grains Group.

List three grain products.

	Amount that counts as 1 ounce equivalent of grains	Common portions and ounce equivalents

### Health Benefits

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Consuming whole grains as part of a healthy diet \_\_\_\_\_.

Consuming foods containing fiber, such as whole grains, as part of a healthy diet, \_\_\_\_\_.

Eating whole grains may help with \_\_\_\_\_.

Eating grain products fortified with folate before and during pregnancy helps \_\_\_\_\_.

### Tips to Help You Eat Whole Grains

(Refer to handout Make Half Your Grains Whole – 10 tips to help you eat whole grains)