

Refined Grains vs. Whole Grains

Refined Grains (i.e. white flour, white rice)

- Have been milled, which removes the bran and germ and also removes much of the B vitamins, iron and dietary fiber. Some B vitamins and iron are added back but other nutrients and fiber are lost.
- Desserts are often high in refined grains like white flour.
- White flour is often used to make pizza dough, most pasta, and salty snacks like pretzels.
- Many foods sound like they are whole grain, but they are not. An example, 12 Grain Bread. It's important to check the fiber content (at least 3 grams of dietary fiber) and ingredients list.
- Some foods seem whole grain because they are brown, but that may be because of molasses or other added ingredients. An example, Pumpernickel Bread. The only way to be sure is to check the label. The first ingredient should be a whole grain.

Whole Grains (i.e. whole wheat flour, oatmeal, brown rice, barley, buckwheat groats {kasha}, millet, quinoa, spelt, whole rye)

- Are heart healthy. They contain fiber and many other nutrients and helpful phytochemicals that are eliminated when grains go through the refining process.
- Corn is a whole grain, so popcorn counts, as long as it's not covered in butter or margarine.
- Less common grains (bulgur, oatmeal, wheatberries) can be used for breakfast or as side dishes that take the place of rice and pasta in a meal.
- Whole grain products usually have 3 or more grams of dietary fiber per serving.
- Look at the ingredients list. If the word "whole" is part of the first ingredient listed, the food has a larger amount of whole grain than refined grain by weight.
- Look for foods that are 100% whole grain. They will say it on the label or will not have any refined grains, like "wheat flour", in the ingredients list.
- Other whole grains, besides wheat, may be listed as the first ingredient and will indicate a whole grain food.

Aim for ½ of your grains to be whole grains!

Don't just add whole grains to your diet, but replace refined grains with whole grains.

Whole Grains and Food Labels



A true whole grain....

An imposter...

Nutrition Facts	
Serving Size 1 slice (31g)	
Servings Per Container 18	
Amount Per Serving	
Calories 70	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 0.5g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbohydrate 4 Protein 4	
INGREDIENTS: Whole wheat flour , water, vital wheat gluten, wheat fiber, yeast, canola oil, cultured wheat starch, honey, salt, soy flour, malt extract, enzymes, ascorbic acid, soy lecithin, soy flour.	

Nutrition Facts	
Serving Size 1 slice (31g)	
Servings Per Container 22	
Amount Per Serving	
Calories 80	Calories from Fat 15
%Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	8%
Sugars 2g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbohydrate 4 Protein 4	
INGREDIENTS: Water, wheat flour (unbleached, unbromonated), honey, malt syrup, vital wheat gluten, yeast, cold pressed corn oil, salt, sunflower seeds, corn grits, rye meal, rye flour, sesame seeds, cracked wheat, flaxseeds, wheat bran, soybran, malted barley extract, millet, rolled oats, barley, rye malt, buckwheat groats, rice flour, cultured wheat flour, soy lecithin.	

Whole Wheat Bread

Look for these as the first ingredient:

- brown rice
- bulgur
- graham flour
- oatmeal
- whole-grain corn
- whole oats
- whole rye
- whole wheat
- wild rice

Honey 12 Grain Bread

These are usually NOT whole grain:

- multi-grain
- stone-ground
- 100% wheat
- cracked wheat
- seven-grain
- bran