



Choose Whole Grains

Not all grains are the same! Whole grains have a lot of nutrients that work together to promote good health for your family. Some examples of whole grains are:

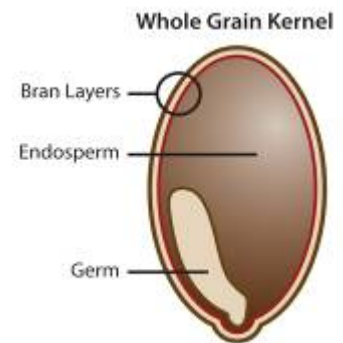
- Oatmeal
- Whole grain whole wheat
- Whole wheat berries
- Whole grain (or hulled) barley
- Wild or brown rice
- Whole rye
- Quinoa
- Cornmeal
- Amaranth
- Triticale

Whole grains are made of the entire grain kernel: bran layer, endosperm and germ. Each part has different nutrients.

Multi grain and whole grain may be different! Multigrain products have more than one kind of grain, but the grains may not be whole grains.

Refined grains such as white flour and white rice have all or part of the bran and germ removed.

This causes important vitamins and minerals to be lost. Some refined grains are **enriched**, which means that **some** of these vitamins and minerals, that were lost in processing, are added back in. Enriched refined grains are still missing some nutrients that are only found in whole grains.



How to find whole grains

A whole grain product will have “whole-grain” or “whole” listed in front of the grain on the package label. Choose foods with **whole grains** listed as the first grain ingredient.

Aim to make at least half of your grain products whole grain each day!
 Whole grains give you fibre, protein, and vitamins and minerals that work together to promote good health for your family.



For more information about whole grains, visit:
<http://www.albertahealthservices.ca/nutrition/Page5622.aspx>

For more information on Healthy Eating, visit:
<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>