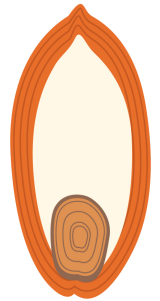


Substitute Your Way to More Whole Grains

The best way to start eating more whole grains is to replace some of the refined-grain foods in your diet with foods that are made from whole grains.

For example, instead of eating bread or bagels made with regular flour, you can switch to eating the same foods that are made with 100% whole grains instead.

Replacing refined grains with whole grains is great news for your health. Whole grain foods are much richer in fiber and nutrients than their more-processed counterparts. They make you feel full and help combat many chronic diseases.



Not sure where to start? Check out the chart!

Whole-Grain Substitutions

Refined Grain Food	Whole-Grain Substitute	Fiber Gained (grams)
White bread, 1 slice	100% whole-grain bread	2.5
White roll, 1	100% whole-wheat pita	4
White bread, bagel, roll, 1	100% whole-grain cracker	2
Refined cereal, 1 ounce	Whole-grain cereal*	2
Cream of wheat, 1 cup	Oatmeal**	2.8
White rice, 1/2 cup	Brown rice	1.35
White rice, 1/2 cup	Bulgur	3.5
White rice, 1/2 cup	Barley	2.5
White flour, 1/4 cup	Whole-wheat flour***	2.8
Pretzels, chips, 1 serving	Popcorn	3.5
Plain pasta, 1 cup	Whole-wheat pasta	3.5
Total Fiber Gained		30.5

* Whole grain cereals will usually state that they are made from whole grains. Check the Nutrition Facts Panel and the ingredient list to be sure.

** You can also use a whole-wheat cream of wheat product called Wheatena® in place of regular cream of wheat. It is made from the whole kernel of wheat and has a very nutty, pleasant flavor.

*** If you are substituting whole-wheat flour for white flour in a recipe, only substitute 25-30 percent of the amount called for, especially at first. That's roughly 1/4 cup per cup. If you are using whole wheat pastry flour, it can be substituted up to 100% for the regular amount of flour.

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