What are Whole Grains?
Whole grains, or foods made from whole grains, contain all the essential parts and naturally-occurring nutrients of the entire kernel.

What foods are considered Whole Grain?
Whole wheat pasta, 100% whole wheat bread, Brown Rice, Oats, Corn, Quinoa, Amaranth, Barley, Buckwheat, Millet, and Rye.

What are the health benefits of whole grains?
Eating whole grains provides the body with vitamins, minerals, protein, iron, antioxidants and fiber. Fiber is essential in the diet because it helps keep us feeling full, reduces constipation, and can lower cholesterol levels. Studies have shown that eating 3 servings of whole grains everyday can help reduce:

- Stroke risk by 37%
- Type 2 diabetes risk by 21-27%
- Heart disease risk by 25-36%
- Risk of asthma
- Risk of obesity

How can I incorporate whole grains into my meals?
- Swap white rice for brown rice
- Swap white pasta for whole wheat pasta. (Barilla Plus tastes like white)
- Choose 100% whole wheat bread instead of white bread
- Choose whole grain cereals like oatmeal, Total, Raisin Bran, etc.
- Add dry oats to yogurt, meatballs, meatloaf, etc.

Don’t be afraid to try new foods:
- Make risottos, pilafs and other rice-like dishes with whole grains such as barley, brown rice, bulgur, millet, quinoa or sorghum.
- Buy whole grain pasta, or one of the blends that’s part whole-grain, part white.

Reference: Wholegraincouncil.org