

Whole Grain Recommendation

on

USDA Food Pyramid

“Make Half Your Grains Whole”

“Whole grains contain the entire grain kernel – the bran, germ, and endosperm.”



What foods are in the grain 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.

Grains are divided into 2 subgroups, **whole grains** and **refined grains**.

Whole grains contain the entire grain kernel -- the bran, germ, and endosperm. Examples include:

- whole-wheat flour
- bulgur (cracked wheat)
- oatmeal
- whole cornmeal
- brown rice

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are:

- white flour
- degermed cornmeal
- white bread
- white rice

Most refined grains are *enriched*. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word “enriched” is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

Whole grains:

brown rice
buckwheat
bulgur (cracked wheat)
oatmeal
popcorn

Ready-to-eat breakfast cereals:

whole wheat cereal flakes
muesli

whole grain barley
whole grain cornmeal
whole rye
whole wheat bread
whole wheat crackers
whole wheat pasta
whole wheat sandwich buns and rolls
whole wheat tortillas
wild rice

Less common whole grains:

amaranth
millet
quinoa
sorghum

Refined grains:

cornbread*
corn tortillas*
couscous*
crackers*
flour tortillas*
grits
noodles*

Pasta*

spaghetti
macaroni

pitas*
pretzels

Ready-to-eat breakfast cereals

corn flakes

white bread
white sandwich buns and rolls
white rice.

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My Pyramid Plan

Based on the information you provided and the average needs for your age, gender and physical activity [Age: 30, Sex: female, Physical Activity: 30 to 60 Minutes] your results indicate that you should eat these amounts from the following food groups daily.

Your results are based on a 2000 calorie pattern*.

▶ Grains ¹	6 ounces	tips
▶ Vegetables ²	2.5 cups	tips
▶ Fruits	2 cups	tips
▶ Milk	3 cups	tips
▶ Meat & Beans	5.5 ounces	tips

Click the food groups above to learn more.

¹ Make Half Your Grains Whole

Aim for at least 3 whole grains a day

² Vary Your Veggies

Aim for this much every week:

Dark Green Vegetables = 3 cups weekly
Orange Vegetables = 2 cups weekly
Dry Beans & Peas = 3 cups weekly
Starchy Vegetables = 3 cups weekly
Other Vegetables = 6 1/2 cups weekly

Oils & Discretionary Calories

Aim for 6 teaspoons of oils a day

Limit your extras (extra fats & sugars) to 265 Calories



View, Print & Learn More:

▶ Click here to view and print a PDF version of **your results**.

▶ Click here to view and print a PDF of a helpful **Meal Tracking Worksheet**.

▶ For a more detailed assessment of your diet quality and physical activity go to the **My Pyramid Tracker**.