

Focus on Whole Grains

A Healthy Diet

Including whole grains in your diet has been shown to be critical to maintaining good health. They can help reduce your risk of heart attacks, strokes, Type 2 diabetes, asthma, high blood pressure, and gum disease.

Whole grains are foods that contain the essential parts and naturally-occurring nutrients of the entire grain seed. Here are some whole grain options you can substitute for some common pantry items:

Refined food items

- Pasta
- Donuts
- Cookies
- White bread
- Flour tortillas
- Plain bagels

Whole grain alternatives

- Whole wheat pasta
- Whole grain granola bars
- Hearty oatmeal cookies
- Brown rice cakes
- Corn tortillas
- Whole grain bagels



One easy way to locate whole grain products in the grocery store is to look for the Whole Grains Council's stamp of approval.

The Dietary Guidelines for Americans recommends that adults get 3-5 servings of whole grains daily, and children get 2-3 servings daily. While it's important to note that fiber is different from whole grains, a full serving of whole grains typically contains between 0.5-3.0 grams of fiber.

For more information about whole grains, visit the Whole Grains Council's Web site at:

www.wholegrainscouncil.org

For more information about healthy diets, contact your health care provider, your Concentra health specialist, or visit the Department of Health and Human Services at: www.health.gov/dietaryguidelines/dga2005/recommendations.htm



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