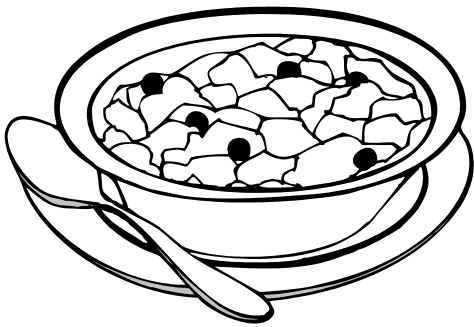
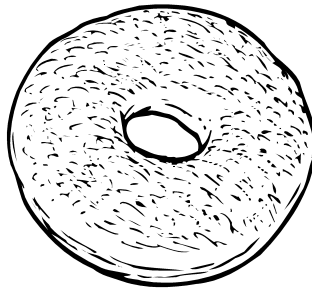


Cómo Comer Suficientes Granos Enteros

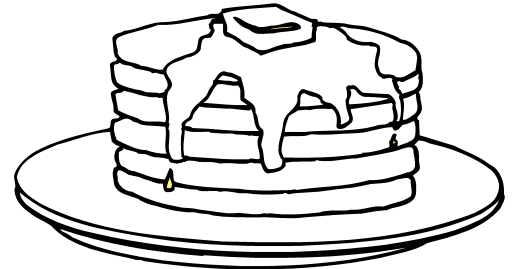
Todo el mundo necesita por lo menos 3 porciones de granos enteros cada día. Ve la variedad de maneras en las que puedes comerlos, al desayuno, merienda, comida, o cena.



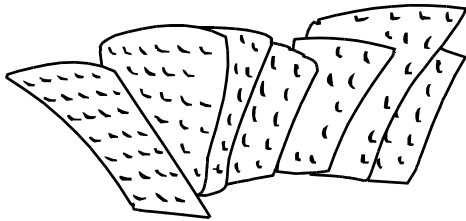
avena o cereal integral en caja



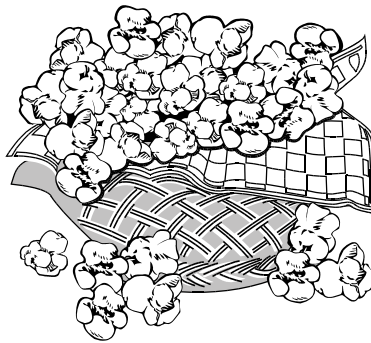
bagel integral



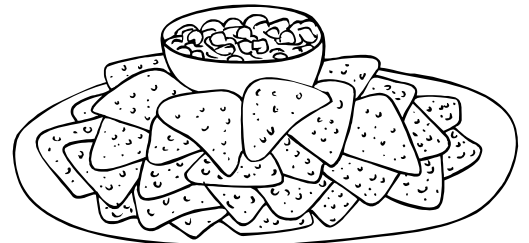
panqueque o waffle integral



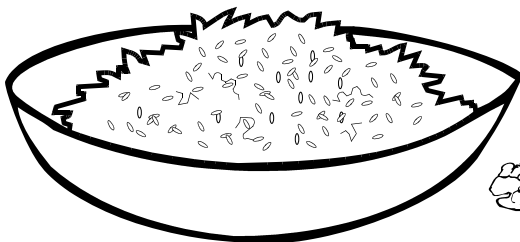
galletas integrales



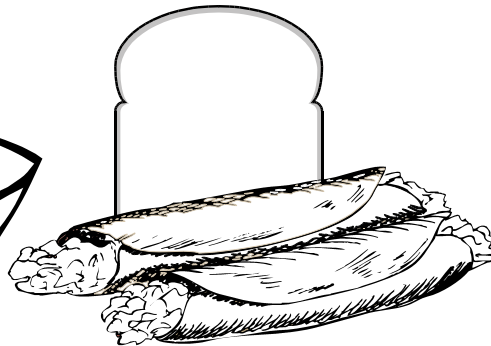
palomitas de maíz



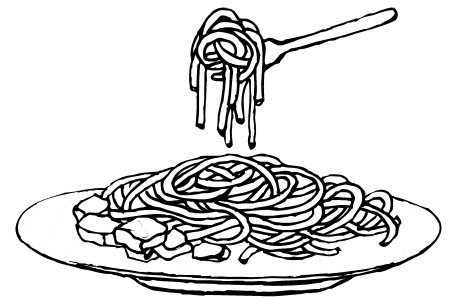
chips de maíz integral (totopos)



arroz integral, trigo, quinua o cebada



pan blanco integral, pan árabe, tortillas integrales o de maíz



pasta integral

Getting Enough Whole Grain

2010 Dietary Guidelines and Whole Grains

The 2010 Dietary Guidelines for Americans call for the following whole grain servings and total grain servings. In this table, the first of each pair of numbers is the whole grain servings, and the second number is the total grain servings.

Grain Servings Recommended in Dietary Guidelines Whole Grains - Total Grains

Age	Girls/Women	Boys/Men
2 - 3	1.5 - 3	1.5 - 3
4 - 8	2 - 4	2.5 - 5
9 - 13	3 - 5	3 - 6
14 - 18	3 - 6	3.5 - 7
19 - 30	3 - 6	4 - 8
31 - 50	3 - 6	3.5 - 7
51+	3 - 5	3 - 6

Overall the Guidelines recommend that HALF of grains eaten be whole grains. This is a minimum. “More whole grains, up to all of the grains recommended, may be selected” – but *instead* of enriched grains, not in addition to them.

On the handout page, we have simplified this table to focus on 3 servings a day. This is the minimum recommended for all but very young, inactive children.

Identifying Whole Grain Foods

Sometimes it’s hard to know which foods are really “whole grain foods.” The best way to be sure, is to look for the Whole Grain Stamp. (See www.wholegrainscouncil.org for more information about the Stamp and about identifying whole grains.)

If the product does not have the Whole Grain Stamp, look at the ingredients. If the first ingredient is one of the following, the product is most likely a whole grain food:

whole wheat or whole grain wheat
 whole grain amaranth
 whole grain barley
 brown rice (or other colored rice)
 whole grain corn, whole cornmeal
 whole grain millet
 oatmeal or whole oats
 whole grain buckwheat
 whole triticale
 whole grain rye

wheatberries
 whole grain quinoa
 lightly pearled barley
 bulgur or cracked wheat or grano
 popcorn
 whole grain sorghum
 whole grain emmer, farro or spelt
 whole Kamut® grain
 wild rice

