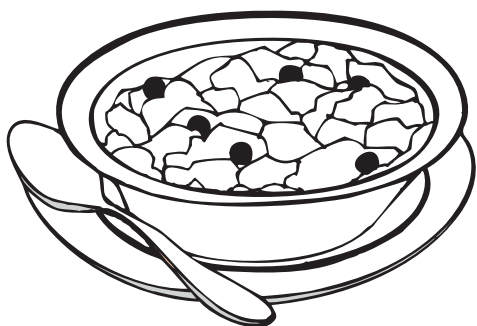
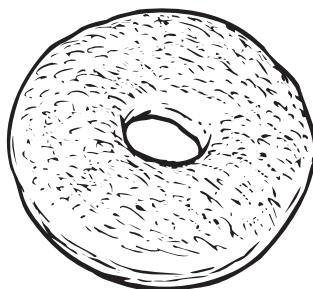


# Cómo Comer Suficientes Granos Integrales

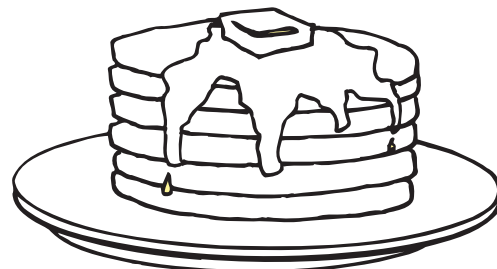
Todo el mundo necesita por lo menos 3 porciones de granos integrales cada día. Ve la variedad de maneras en las que puedes comerlos, al desayuno, merienda, comida, o cena.



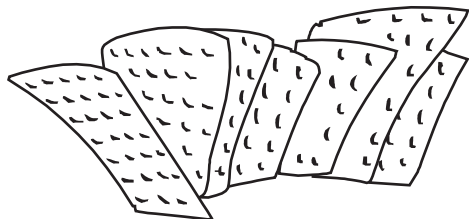
avena o cereal integral en caja



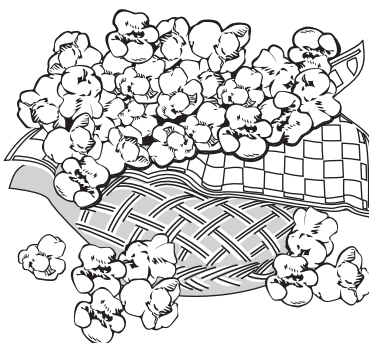
bagel integral



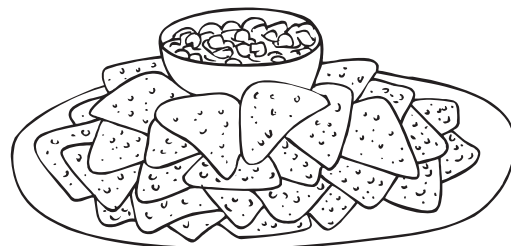
panqueque o waffle integral



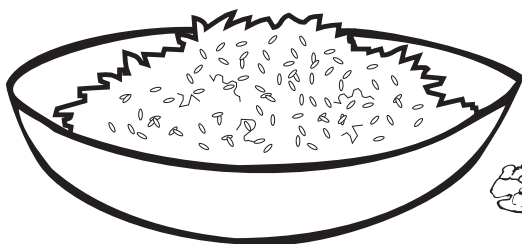
galletas integrales



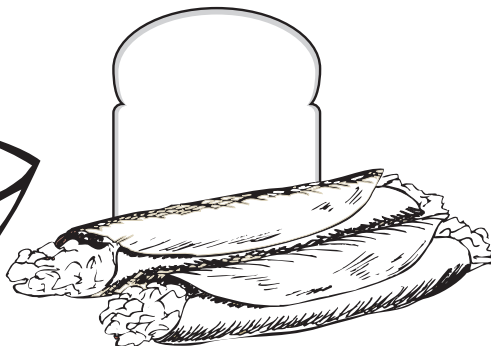
palomitas de maíz



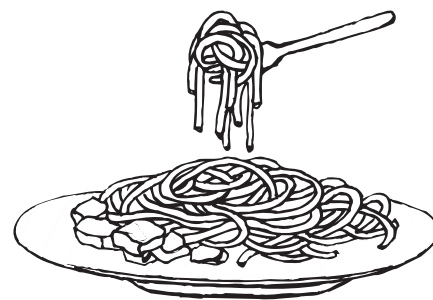
chips de maíz integral (totopos)



arroz integral, trigo, quinua o cebada



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



pasta integral

# Getting Enough Whole Grain

## 2005 Dietary Guidelines and Whole Grains

The 2005 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](http://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