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

<table>
<thead>
<tr>
<th>Age</th>
<th>Girls/Women</th>
<th>Boys/Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 - 3</td>
<td>1.5 - 3</td>
<td>1.5 - 3</td>
</tr>
<tr>
<td>4 - 8</td>
<td>2 - 4</td>
<td>2.5 - 5</td>
</tr>
<tr>
<td>9 - 13</td>
<td>3 - 5</td>
<td>3 - 6</td>
</tr>
<tr>
<td>14 - 18</td>
<td>3 - 6</td>
<td>3.5 - 7</td>
</tr>
<tr>
<td>19 - 30</td>
<td>3 - 6</td>
<td>4 - 8</td>
</tr>
<tr>
<td>31 - 50</td>
<td>3 - 6</td>
<td>3.5 - 7</td>
</tr>
<tr>
<td>51+</td>
<td>3 - 5</td>
<td>3 - 6</td>
</tr>
</tbody>
</table>

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