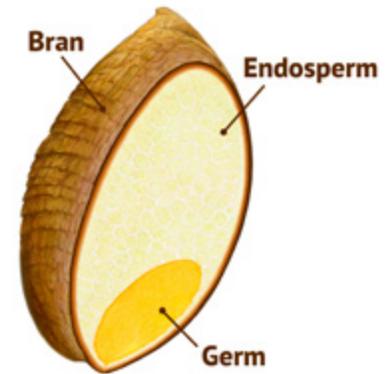


# WHOLE GRAIN TIPS FOR SENIORS

Good nutrition is important at every age, and seniors who eat a wide variety of nutritious foods, including whole grains, are setting themselves up for better health.

## What is a Whole Grain?

All grains start out as whole grains, but some grains are refined during processing so that parts of their original kernel are removed, stripping away much of the grain’s nutrients and flavor. A grain ingredient counts as whole grain if it contains all three parts of the original kernel—the starchy endosperm, the fiber-rich bran, and the germ—in their original proportions.



## How Many Servings of Grain Do Seniors Need Each Day?

### Make Half—or More—of Your Grains Whole

The 2015-2020 Dietary Guidelines recommend that all Americans, including seniors, “make at least half their grains whole.”

This means most people should consume three or more servings of whole grains each day. However, four, five, even six servings of whole grains daily are not unreasonable.

### Men, Ages 50+

8 total servings



at least 4 whole grain servings

### Women, Ages 50+

6 total servings



at least 3 whole grain servings

## Easy Ways to Eat More Whole Grains

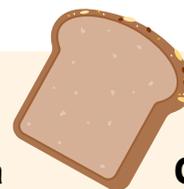
**Make oatmeal** for breakfast

**Use brown rice** instead of white rice in stir-fries or casseroles



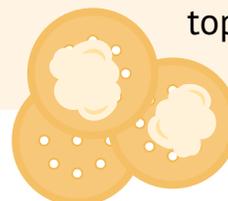
**Try whole grain pasta** in place of white pasta

**Add whole grains** like barley or bulgur to soups and stews



**Choose whole grain bread** instead of white bread

**Eat whole grain snacks** like whole grain crackers topped with hummus



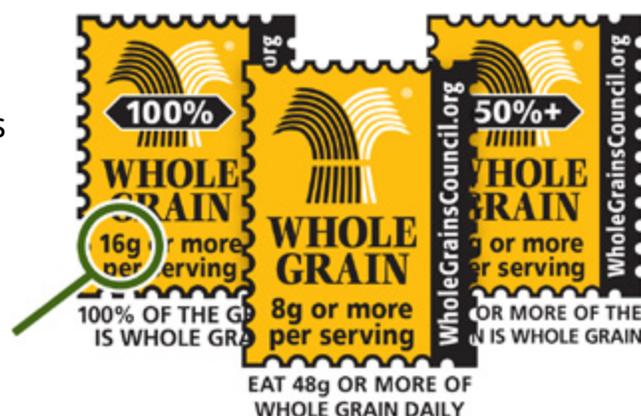
## Whole Grain Ideas for Every Meal

Breakfast	Lunch	Snacks	Dinner
<b>Oatmeal</b> with fresh berries or cinnamon	<b>Whole grain toast</b> with smoked salmon, yogurt, and red onion	<b>Whole grain cereal</b> with yogurt ( <i>look for low-sugar options</i> )	<b>Whole grain pasta</b> with a sauce and a side salad
<b>Whole grain toast</b> with a hard-boiled egg and fruit	Stuffed <b>whole grain pita</b> with hummus and veggies	<b>Whole grain granola bar</b> or oat bar	Black beans served with <b>brown rice or barley</b> and veggies
<b>Whole grain corn grits</b> with eggs	<b>Whole grain veggie burger</b> on a <b>whole grain bun</b>	<b>Whole grain graham crackers</b>	Baked fish and veggies, served with <b>farro or brown rice</b>

### Look for the Stamp

The Whole Grain Stamp is a packaging label that helps shoppers identify products that contain significant amounts of whole grain.

The different gram amount on each Stamp tells you how many grams of whole grain are in **one serving of the product**.



### Eating More Whole Grains is Linked with...<sup>1</sup>

- Slower cognitive decline in aging
- Healthy digestion and staying “regular”
- Less inflammation
- Lower risk of type 2 diabetes
- Healthier gut microbiome
- Improved metabolism
- Lower BMI and less obesity
- Lower LDL “bad” cholesterol
- 14% lower risk of stroke
- 19-22% lower risk of heart disease
- 17% lower risk of colorectal cancer
- Overall “successful aging,” defined as the absence of disability, depression, cognitive problems, respiratory problems, and chronic disease

<sup>1</sup>For more information on these studies, visit: [WholeGrainsCouncil.org/whole-grains-101/health-studies](https://www.wholegrainscouncil.org/whole-grains-101/health-studies)