

# NEAT Fact Sheet

## Grains



### "Make Half Your Grains Whole"

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- **Foods in the Grain Group**-any food made from wheat, rice, oats, cornmeal and barley.
- **Product examples**- bread, pasta, oatmeal, breakfast cereals, tortillas and grits.

Grains can be divided into 2 groups:

1. Whole Grains
2. Refined Grains

<p><b>Whole Grains</b> contain the entire kernel- the bran, germ and endosperm.</p>	<p>Whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, brown rice</p> 	<p>Good source of Fiber and B-vitamins. Fiber appears to reduce the risk of developing various conditions, including heart disease, diabetes, diverticular disease, and constipation. B-vitamins increase the rate of metabolism, maintain healthy skin and muscle tone, and enhance the immune and nervous system.</p>
<p><b>Refined Grains</b> have been milled, removal of the kernel.</p>	<p>White flour, white bread, white rice.</p> 	<p>Refined grains have been stripped of many important nutrients; therefore, they are usually <u>enriched</u> with b-vitamins. Fiber, however, is not added back.</p>

