

ChooseMyPlate – Grains (Key)

What’s in the Grains Group?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

List a few commonly eaten grain products.

1. Answers will vary	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

Key Consumer Message: _____

How Much is Needed?

The amount of grains you need to eat depends on your age, sex, and level of physical activity.

Daily Recommendation*		
Children	2-3 years old	1 ½ ounce equivalents
	4-8 years old	2 ½ ounce equivalents
Girls	9-13 years old	3 ounce equivalents
	14-18 years old	3 ounce equivalents
Boys	9-13 years old	3 ounce equivalents
	14-18 years old	4 ounce equivalents
Women	19-30 years old	3 ounce equivalents
	31-50 years old	3 ounce equivalents
	51+ years old	3 ounce equivalents
Men	19-30 years old	4 ounce equivalents
	31-50 years old	3 ½ ounce equivalents
	51+ years old	3 ounce equivalents

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

What Counts as an Ounce?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the Grains Group.

List three grain products.

	Amount that counts as 1 ounce equivalent of grains	Common portions and ounce equivalents
	Answers will vary	

Health Benefits

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Consuming whole grains as part of a healthy diet _____ **may reduce the risk of heart disease** _____.

Consuming foods containing fiber, such as whole grains, as part of a healthy diet, _____ **may reduce constipation** _____.

Eating whole grains may help with _____ **weight management** _____.

Eating grain products fortified with folate before and during pregnancy helps _____ **prevent neural tube defects during fetal development** _____.

Tips to Help You Eat Whole Grains

(Refer to handout Make Half Your Grains Whole – 10 tips to help you eat whole grains)