

Choosing well for health!

Foods like rice, pasta, breads, tortillas and oatmeal are made from grains. These are nutritious foods which provide not only energy for your daily needs, but also essential nutrients like vitamins, minerals and fiber.

Some choices are smarter than others, because they have more nutrients. Know how to shop around for the most nutritious options at the grocery store!



What to look for in a cereal?

In the Nutrition Label:

- Total Carbohydrates: 35 grams or less
- Sugar: less than 8 grams, as low as you can
- Fiber: 3 grams or more

In the Ingredients list:

- Whole grains as first ingredient
- Avoid the ones with sugar as the first ingredient

What is a whole grain?

A whole grain is a grain as a whole, with all its parts:

- Bran
- Endosperm
- Germ

Examples of whole grains:

wheat, oats, barley, corn and rye.

When you eat processed grains like in white bread or white rice, you are basically eating only the endosperm of a grain. In this case, you are missing out on numerous nutrients such as vitamins, minerals, antioxidants and fiber which are in the bran and germ of a grain.

Note that some foods provide fiber but are not whole grain.

Eat at least half of your grains whole!

How to get enough fiber?

- Eat fruits and vegetables with their skins on
- Eat nuts because they are rich in fiber
- Choose foods which list “bran” and “whole wheat” in their ingredient’s list
- Eat beans, they are a good source of fiber
- Prefer brown rice versus white rice, whole wheat pasta and whole wheat bread
- A total of 3g of fiber per serving of a food is a good amount of fiber – think of how you can eat enough fiber rich foods that help you add up fiber throughout the day!