

Whole Grain Foods

Good nutrition is important at any age



Make $\frac{1}{4}$ of the food you eat each day whole grains.

WHOLE GRAIN FOODS

Whole grains are the **least processed** type of grain, and have all 3 parts of the kernel intact. Whole grains provide **fibre, vitamins B and E, minerals, and protein.**

Whole grains are good for your health. Some examples are: whole oats, brown and wild rice, barley, quinoa, corn, etc.

Tips to add whole grain foods to your daily food choices:



At breakfast, enjoy a bowl of oatmeal or whole grain cereal



Add barley, quinoa, or corn to soups, salads, and stir-fries



Substitute brown or wild rice in dishes that call for white rice



For a snack, enjoy whole grain toast or crackers



Try gluten-free options like amaranth, corn, millet, or quinoa

SHOPPING FOR WHOLE GRAINS

In Canada, there are **no regulations** for using the term "whole grain" on product labels. **Many products with "whole grain" on the label may actually be low in whole grains.**

Tips to choose whole grain foods while grocery shopping:

Read nutrition labels and choose products with:

- The words **"whole grain"** on the package **AND**
- **First ingredients** like: whole wheat flour, whole rye, whole oat or oatmeal, whole corn, whole barley, etc.

Inspect nutrition labels for "multigrain" products, as they **may not include whole grains** in their list of ingredients

Choose whole grains that are good sources of fibre:

- Products should have **at least 2 grams** of fibre per serving
- Products that claim to be "high in fibre" must contain **4 grams of fibre or more** per serving

NUTRITION FACTS

Cooked whole grain	Fibre (g/ 100g)	Protein (g/ 100 g)
Amaranth	2.0	4.0
Barley	3.8	2.3
Bulgur	4.5	3.1
Millet	1.3	3.5
Quinoa	2.8	4.4
Wild rice	1.8	4.0

Brought to you by the Nutrition & Aging Lab at the University of Waterloo.

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