Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.

Choose a whole grain, such as oatmeal, when you have hot cereal.

Read the label on a cereal box to find the word “whole” listed with the first ingredient.

For a change, try brown rice or whole-wheat pasta.

When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.

Eat whole-grain crackers.

Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.