

Whole Grains **THREE** *is* **KEY**

The USDA recommends that at least half of the grains we eat should be whole, unrefined grains. This means at least three servings a day, hence "three is key!"

For this two-week challenge, eat three or more servings of whole grains for at least 10 days.

Fill in the empty grains on the three stalks for each day you are successful.

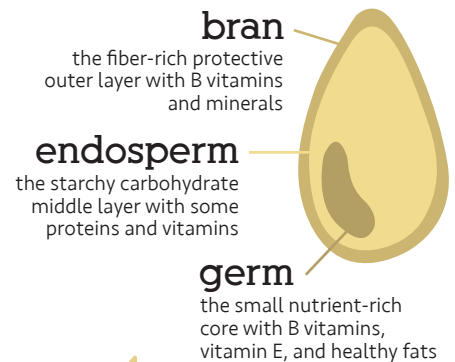
How can I get three servings?

A piece of whole wheat bread or ½ cup of cooked oatmeal is an example of one serving.

- Try switching white bread for whole wheat bread
- Look for whole grain cereals
- Substitute brown rice for white rice or whole wheat pasta for refined pasta.
- Popcorn has all three parts of the grain included. Just go easy on the butter and salt.
- Oats are a great natural whole grain.

What is inside whole grains?

Grains are made up of three different parts; the bran, endosperm, and germ. Each of these parts contain unique nutritional value. Whole grains contain all three of these parts, whereas refined grains have been stripped of the bran and germ which are full of nutrients and natural protectants to our bodies.



How do I know which are whole grains?

Look for the word "whole" as the first ingredient listed on the nutrition facts label. A lot of advertising can be tricky claiming it is wheat bread, but unless it specifically says "whole wheat" or other "whole" types of grain, then the grain has been refined.

Why whole grains?

Whole grains have high fiber content. For every 10 grams of fiber you average per day, your risk of heart attack decreases 14% and your risk of heart disease death decreases 27%! Also, grains have a lot of phytochemicals and antioxidants to protect your body and reduce the risk of cancer, heart disease, and diabetes. The Word of Wisdom counsels "all grain is ordained for the use of man, to be the staff of life" (D&C 89:14). Although many fad diets are low-carb, we see here that grain consumption is part of the Lord's pattern for our health.