

# Meet the Grain Group

## Tips for Using MyPyramid

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Eating foods rich in fiber, such as whole grains, as part of a healthy diet, provides several health benefits. These include: reducing the risk of coronary heart disease, reducing the incidence of constipation, and helping with weight management.



**Grain Group**  
Make half your grains whole

(usually called the kernel) which consists of the bran, germ and endosperm. If the kernel has been cracked, crushed or flaked, it must retain nearly the same relative proportions of bran, germ and endosperm as original grain to be called

whole grain. Examples of whole grains:

- whole wheat
- whole oats, oatmeal
- whole grain corn
- popcorn
- brown & wild rice
- whole rye
- whole grain barley
- buckwheat
- triticale
- bulgur
- millet
- quinoa
- sorghum

### Daily Amount

MyPyramid recommends eating the equivalent of six ounces of grain products daily for people on a 2,000 calorie diet (to find out your personalized MyPyramid Plan, go to <http://mypyramid.gov>).

In the grains food group, a “1 ounce-equivalent” is the amount of food counted as equal to a 1-ounce slice of bread. The following are all “1 ounce-equivalents”:

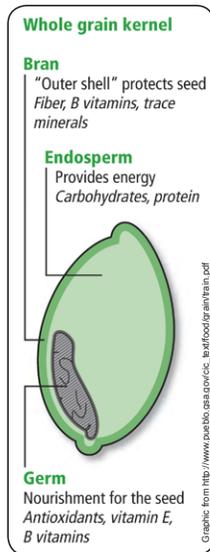
- 1 slice of bread
- 1 small (6") flour or corn tortilla
- 1 “mini” bagel
- 1/2 English muffin
- 1 small (2-1/2" diameter) muffin
- 1 cup ready-to-eat cereal
- 1/2 cup cooked cereal
- 1/2 cup cooked rice
- 1/2 cup cooked pasta
- 3 cups popcorn

MyPyramid recommends making at least half of your daily grains “whole grains.”

### Whole vs. Refined Grains

Grains can be divided into two subgroups: whole grains and refined grains.

**Whole grains** are made from the *entire grain seed*



**Refined grains** have been milled, removing the bran and germ. This process also removes much of the B

vitamins, iron and dietary fiber. Most refined grains are enriched, which means certain B vitamins (thiamin, riboflavin, niacin and folic acid) and iron are added back after processing. Fiber is not added back to most enriched grains.

Examples of refined grains:

- white flour
- degermed cornmeal
- white bread
- white rice

### Reading Labels

Choose foods with a *whole grain* ingredient listed

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first on the label's ingredient list (note: ingredients are listed in descending order of weight — from most to least).

Color is not an indication of a whole grain — bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if a grain is a whole grain.

Use the “Nutrition Facts” label to help choose whole grain products with a higher % Daily Value (%DV) for fiber. The %DV for fiber is a good clue to the amount of whole grain in the product.

Watch wording on grains! Foods are usually not whole-grain products if labeled with these words: multi-grain, stone-ground, 100% wheat, cracked wheat, seven-grain, bran. Note: Bran provides fiber, which is important for health. However, products with added bran or bran alone are not necessarily whole grain products.

*Adapted from information found at MyPyramid.gov.*

Nutrition Facts	
Serving Size 1 muffin Servings Per Container 2	
Amount Per Serving	% Daily Value*
Calories 250	Calories from Fat 110
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 470mg	20%
<b>Total Carbohydrate 31g</b>	<b>14%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Total Fat	Less than 50g 20g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 470mg	20%
<b>Total Carbohydrate 31g</b>	<b>14%</b>
<b>Dietary Fiber 2g</b>	<b>8%</b>
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
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**A** Which grain food is higher in fiber? Use the “Nutrition Facts” label to help choose whole grain products with a higher % Daily Value for fiber.

Answer: A