



HEALTHY EATING

GRAINS

How to choose the right ones.

There are two types of grains: Whole grains and refined grains. Whole grains contain the entire grain kernel. Sources of whole grain include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal and germ.

Refined grains have the nutritious bran and germ removed to give them a longer shelf life. Refined grain products include white flour, white bread, white rice, etc.*

Whole grains are an important part of a healthy diet. At least half of the grains you eat should be whole grains.**

For adults, try to eat six ounces of grains a day (based on a 2,000-calorie per day diet).**

What counts as an ounce?

One slice of bread;
1/2 cup of cooked rice, cereal or pasta; one cup of ready-to-eat cereal.

Tips to help you eat more whole grains***

At meals

- › Substitute a whole grain for a refined grain, such as eating whole-wheat bread instead of white bread, or brown rice instead of white rice.
- › Use whole grains in mixed dishes, such as barley in soup or stews, or bulgur wheat in casseroles or a stir-fry.
- › Substitute whole-wheat or oat flour for up to half the flour in pancake, waffle, muffin or other flour-based recipes.

What to look for on the food label

- › Choose foods that have one of these ingredients listed first: Brown rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole-grain barley, whole-grain corn, whole-grain sorghum, whole oats, whole rye, whole wheat or wild rice.
- › Foods labeled “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven grain,” or “bran” are usually not whole-grain products.
- › Read the entire ingredient list. Choose foods with fewer added sugars. Terms for added sugars (thus added calories) include sucrose, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses and raw sugar.

Together, all the way.®



*U.S. Department of Agriculture. “What foods are in the Grains Group?” <http://www.choosemyplate.gov/grains> (last updated February 3, 2016).

**U.S. Department of Health and Human Services and U.S. Department of Agriculture. “2015–2020 Dietary Guidelines for Americans.” 8th Edition. December 2015. <http://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/> (accessed February 9, 2016).

***U.S. Department of Agriculture. “Tips to help you eat whole grains.” <http://www.choosemyplate.gov/grains-tips> (last updated June 16, 2015).

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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