SPECTRUM COMMUNITY SERVICES, INC.

MEALS ON WHEELS AMERICA 2026 Member

Nutrition Education

Ways to eat whole grains daily:

- Start your day with whole grain oatmeal, whole wheat cereal, or whole grain toast.
- Swap white rice for brown rice or whole grain wild rice
- Choose whole wheat bread for toast or sandwiches.
- Add barley or quinoa to soups or stews.
- Make tacos or wraps with whole wheat tortillas.

Sources: The Academy of Nutrition and Dietetics & Myplate.gov

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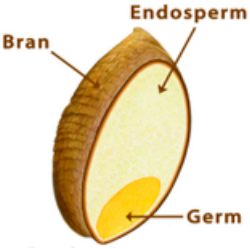
Choose Whole Grains More Often

Whole grains are packed with a variety of vitamins, minerals, and fiber. Many important nutrients are missing when grains are not whole. Having a diet rich in whole grains can help support heart health, healthy digestion, and steady energy.

What is a whole grain?

A whole grain contains the whole kernel of the grain which includes 3 parts: the bran, the germ and the endosperm. This means they keep more of their natural nutrients and fiber. Refined grains only contain the endosperm.



What foods are whole grains?

Oats, barley, brown rice, quinoa, buckwheat, corn, whole wheat bread, whole wheat pasta, and bulgar are examples of whole grains.

When shopping for whole grains:

Be sure to read the nutrition facts labels. In the ingredient list look for the word "whole" before the grain name in the ingredient list, such as "whole wheat" or "whole oats." If all the grain ingredients are whole grains, the product is 100% whole grain.

How much whole grains should one eat?

Aim to try and **make at least of the half of the grains you eat whole grains every day.**