Make Half Your Grains Whole

It is recommended that at least half of all the grains you eat should be whole grains. Here are some simple tips to help you eat more whole grains!

1. Eat whole wheat bread instead of white bread or brown rice instead of white rice.
2. Try whole-wheat pasta when making spaghetti or macaroni and cheese.
3. Substitute whole wheat flour for up to half of the flour in pancake, muffin, or bread recipes.
4. Use whole-grain bread or cracker crumbs in meatloaf.
5. Snack on 100% whole-grain crackers.
6. Popcorn is a whole grain that is a healthy snack if made with little or no added salt and butter. Add different spices for a pop of flavor!