



Grain Group

Exploring “MyPyramid”

Why is the Grain Group important?

Grains provide energy for work and play. Grain foods are rich sources of B vitamins such as thiamin and folate, and minerals such as iron, magnesium and selenium. Whole-grain foods have the added benefit of fiber.

How much food from the Grain Group do you need to eat?

The amount of grain recommended for you depends on your age, gender and physical activity. Recommended daily amounts in “ounce equivalents” are shown in the chart. These amounts are for people who get less than 30 minutes of physical activity daily. If you are more active, your food energy needs increase.

Find the recommendation for you and your family members.

For example, a 30-year-old woman would need 6 ounces of grains daily, including 3 ounces of whole grains.

Many people fall short of the recommended amount of whole grains. To tell a whole grain, look for “whole grain,” “whole wheat” or “oatmeal” as the first ingredient on the ingredient label.

Age	Daily overall recommendation for grains (in ounce equivalents*)	Daily minimum amount of whole grains (in ounce equivalents*)
Children		
2 to 3 years old	3	1½
4 to 8 years old	4 to 5	2 to 2½
Girls		
9 to 13 years old	5	3
14 to 18 years old	6	3
Boys		
9 to 13 years old	6	3
14 to 18 years old	7	3½
Women		
19 to 30 years old	6	3
31 to 50 years old	6	3
51+ years old	5	3
Men		
19 to 30 years old	8	4
31 to 50 years old	7	3½
51+ years old	6	3
An “ounce equivalent” is 1 slice of bread, 1 cup of ready-to-eat cereal or ½ cup of cooked rice, cooked pasta or cooked cereal		

How can I get my family to eat enough whole grains?

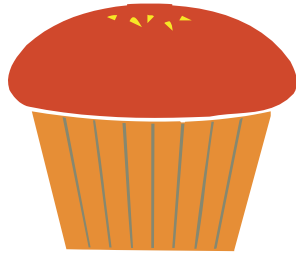
- Substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. Remember, *substitute* the whole-grain product for the refined one, rather than *adding* the whole-grain product.
- Serve whole-grain crackers or cereal for snacks.
- For a change, try brown rice or whole-wheat pasta.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casseroles or stir-fries.
- Use whole-grain bread or cracker crumbs or uncooked oatmeal in meatloaf.



Visit www.mypyramid.gov
 for more information
 to help you meet the
 current recommendations for
 grains.

100 Percent Whole-wheat Muffins

½ c. margarine or butter
½ c. granulated sugar
½ c. light brown sugar
1 tsp. baking soda
1 egg
¼ tsp. vanilla
1 c. low-fat milk
2 c. whole-wheat flour



Optional: ½ c. dried fruit, such as raisins or cranberries

Preheat oven to 400 F.

Have ingredients at room temperature. Line the muffin tin using paper baking cups or use cooking spray to coat the bottom of the muffin tin.

With electric mixer, cream margarine, granulated sugar, brown sugar and baking soda together, scraping bowl with spatula. In a small bowl, using a fork, beat together the egg and vanilla; add to creamed mixture. Beat until light and fluffy. Add the milk to the creamed mixture. Gradually add the whole-wheat flour and lightly stir the ingredients together so dry ingredients are barely moistened. Don't overmix. Add fruit if desired.

Fill muffin tins $\frac{2}{3}$ full and bake 15 to 17 minutes or until browned and done. Remove from muffin tin and cool on wire rack.

Makes 12 muffins. Each muffin has 231 calories; 9g fat, 34g carbohydrate and 3g fiber.

Recipe source: www.wheatfoods.org

I'm trying to lose weight. Will skipping breakfast help?

Skipping breakfast doesn't help with weight loss. In fact, people who skip breakfast make up for the skipped calories throughout the day. Try some whole-grain foods for breakfast. They fill you up and can help with weight management. For example, enjoy whole-grain toast with peanut butter, a piece of fruit and a glass of low-fat milk. Eating breakfast also helps adults and children perform better at work or school.



Does hand washing really help prevent colds and flu?

Hand washing isn't only important for food safety! In one study, children who washed their hands four times per day missed half as many school days due to upset stomachs and one fourth as many school days due to colds, compared with students who washed less often. Having healthy kids usually means fewer missed work days for parents, too! So, encourage everyone to lather up with warm water and soap for at least 20 seconds.

Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

