

eat the **WHOLE** grain

A VISUAL GUIDE TO
CANADA'S WHOLE GRAIN
RECOMMENDATIONS

Zoom into your plate



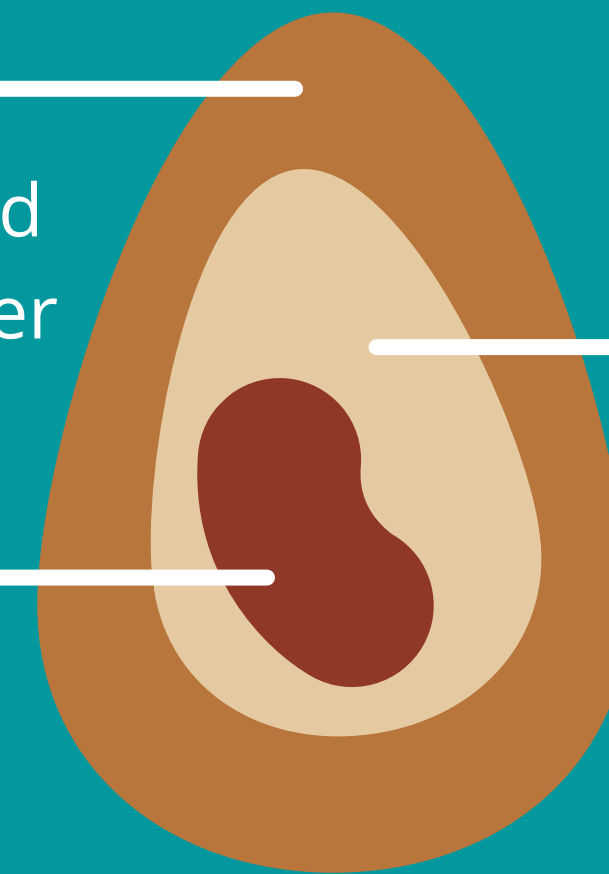
Aim for 1/4 of your plate to be whole grain foods

What is a whole grain?

Whole Grain

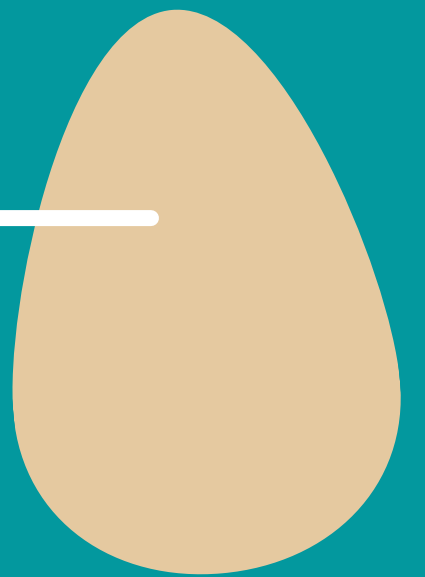
BRAN
Fibre filled outer layer

GERM
nutrient-packed core



ENDOSPERM
Starchy carbohydrate middle layer

Refined Grain



Choose foods with "whole grain" in the product name or ingredient list

NUTRITION

Important source of:

Fibre



B-Vitamins



Minerals



GROCERY

Stock your pantry with:

Oats

Barley

Buckwheat

Quinoa

Brown or wild rice

Whole grain pasta

TIPS

Eat more grains by:

- Starting your day off with whole grain cereals or breads
- Utilizing brown or wild rice in place of white rice
- Adding grains like barley, bulgur and quinoa to soups, salads and stir-fries

Visit <https://wholegrainscouncil.org/> for more useful information on whole grains

