

healthy eating

# Whole. grains.

A whole lot of good.



As part of a healthy diet, make half of the grains you eat whole grains.

Substitute whole grain choices for refined grain breads, bagels, rolls, breakfast cereal, crackers, rice and pasta.

Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.



## Eat 6 ounces a day

What counts as a cup? 1 slice of bread, ½ cup cooked rice, cereal or pasta; 1 ounce of ready-to-eat cereal.

## Tips to help you eat 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.
- Try brown rice or whole wheat pasta.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews, or bulgur wheat in casseroles or stir fries.
- 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 with one of the following ingredients first on the ingredient list: 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 ingredient list. Look for terms that indicate added sugars and added calories, such as sucrose, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses or raw sugar.



[www.choosemyplate.gov/foodgroups/grains\\_tips.html](http://www.choosemyplate.gov/foodgroups/grains_tips.html)

The registered service mark “Cigna” and the “Tree of Life” logo are owned by Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by and through such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, Cigna Health Management, Inc. and Cigna Behavioral Health, Inc. All models are used for illustrative purposes only.

850877 12/11 © 2011 Cigna. Some content provided under license.