



No More Empty Pots  
Community Education Virtual Programming

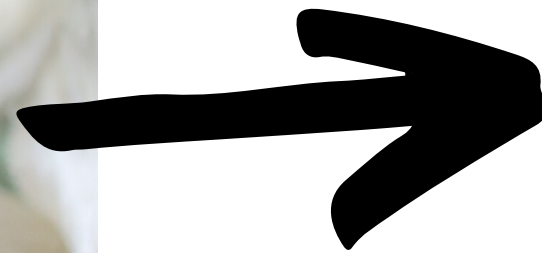


BROUGHT  
TO YOU BY  
LESLIE S.

WHY



WHOLE



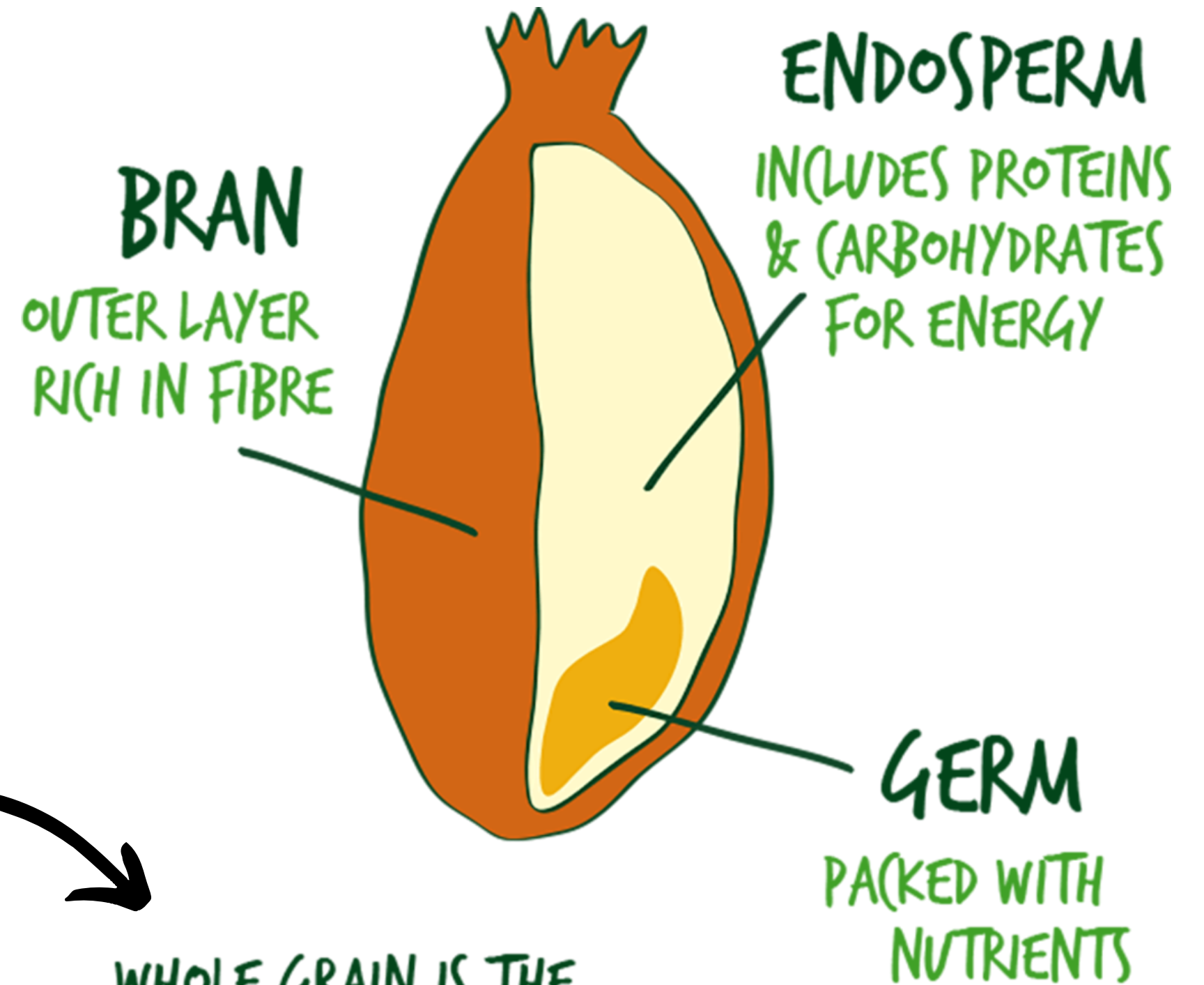
GRAINS





# WHAT IS A WHOLE GRAIN?

A grain is considered to be a whole grain as long as all three original parts — the bran, germ, and endosperm — are still present in the same proportions as when the grain was growing in the fields.



WHOLE GRAIN IS THE  
COMPLETE GRAIN.

UNLIKE REFINED GRAIN,  
NONE OF THOSE 3 PARTS  
HAVE BEEN TAKEN AWAY.



# WHICH WHOLE GRAINS MIGHT YOU BE EATING?



Quinoa ↗



Rice ↗  
•••



Barley ↗



Buckwheat ↗  
•••



Oat ↗



Corn ↗  
•••



# WHOLE GRAINS vs REFINED GRAINS

## WHOLE GRAINS

Earlier we learned that a grain is considered to be a whole grain as long as all three original parts – the bran, germ, and endosperm – are still present in the same proportions as when the grain was growing in the fields.



## REFINED GRAINS

“Refined grain” is the term used to refer to grains that are not whole, because they are missing one or more of their three key parts (bran, germ, or endosperm). White flour and white rice are refined grains. Refining a grain removes about a quarter of the protein in a grain, and half to two thirds or more of nutrients, leaving the grain a mere shadow of its original self.



# BENEFITS <sup>OF</sup> WHOLE GRAINS

## FIBER

Helps us feel full

01

## HEALTHY

Contributes to good health because they are full of nutrients

02

## REDUCES RISK OF

type 2 diabetes, obesity, heart disease and gut cancer

03





# EASY PEASY SWITCHES YOU CAN MAKE TO ADD WHOLE GRAINS

Breakfast  
oats or whole  
grain cereal  
● ● ●



Lunch  
Whole grain bread  
for sandwiches  
● ● ●



Dinner  
Whole grain  
pasta  
● ● ●



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FOR A BALANCED AND  
HEALTHY DIET

**MAKE HALF OF  
THE GRAINS  
YOU EAT  
WHOLE GRAINS**





IF YOU HAVE  
**ANY**  
**QUESTIONS**

Contact us at [education@nmepomaha.org](mailto:education@nmepomaha.org)!

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or visit [nmepomaha.org/community-education-resource-hub](https://nmepomaha.org/community-education-resource-hub)

