

# Whole Grain Foods for Meals and Snacks

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Whole grain foods are an important part of a healthy diet. Whole grains have important nutrients like fiber, vitamins and minerals. Eating whole grain foods can help reduce risk for conditions like heart disease and Type 2 diabetes. Eating whole grain foods may keep you feeling full and satisfied for longer than refined grains.

Some whole grain foods include:

- Whole wheat bread
- Whole wheat or whole corn tortillas
- Brown rice
- Whole wheat pasta
- Air-popped popcorn
- Oatmeal
- Whole grain cold cereals
- Quinoa
- Barley

## Find Whole Grain Ingredients with the Ingredient List

Use the ingredient list on food packages to find whole grain foods. The ingredient list includes all the ingredients used to make a food. The ingredients at the top of the list are found in the largest amount. Look for foods that have whole grains listed as their first ingredient.

The following words mean that the first ingredient is a whole grain:

- Whole Wheat
- Oats or Oatmeal
- Brown Rice
- Wheatberries
- Whole Grain [Name of the grain]
  - For example, Whole Grain Corn

## Which ingredient list has a whole grain for the first ingredient?

**Package A:** Whole wheat flour, water, yeast, brown sugar, wheat gluten, contains 2% or less of each of the following: salt, monoglycerides, enzymes, ascorbic acid, soybean oil, vinegar, cultured wheat flour, monocalcium phosphate, soy lecithin

**Package B:** Enriched wheat flour, water, sugar, yeast, soybean oil, salt, nonfat milk, corn syrup, monoglycerides, monocalcium phosphate, calcium sulfate, cultured wheat starch

*Answer: Package A. Whole wheat flour is the first ingredient in the ingredients list.*

Use this worksheet to list whole grain foods you would like to try for meals and snacks.

Breakfast	Lunch	Dinner	Snack
<i>Examples:</i> Oatmeal	<i>Examples:</i> Sandwich made with whole wheat bread	<i>Examples:</i> Whole wheat pasta	<i>Examples:</i> Air-popped popcorn

### TROPICAL OVERNIGHT OATMEAL

Servings: 2

- 2/3 cup uncooked old fashioned oats
- 2/3 cup low-fat or skim milk
- 2/3 cup low-fat or no fat Greek yogurt
- 1/8 teaspoon ground Allspice or cinnamon
- 1/2 cup fresh pineapple chunks, or use canned and drained pineapple chunks
- 1 medium banana, sliced
- 2 tablespoons sliced almonds

1. Wash your hands with soap and water.
2. Mix oats, milk, yogurt and Allspice or cinnamon in a bowl.
3. Divide the mixture into two small bowls or glass jars.
4. Cover and refrigerate overnight.
5. Before serving, add pineapple, banana and sliced almonds



Nutrients per Serving: 283 calories; 6 g total fat; 1 g saturated fat; 64 mg sodium; 45 g total carbohydrates; 6 g dietary fiber; 19 g total sugar (0 g added sugar); 16 g protein; 214 mg calcium; 391 U Vitamin D; 54 mcg Vitamin A; 541 mg potassium.



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