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CULINARY LEARN AND SHARE

Grains

Below you can find some nutrition-based information about grains.

Different ways to see a cup of grains:

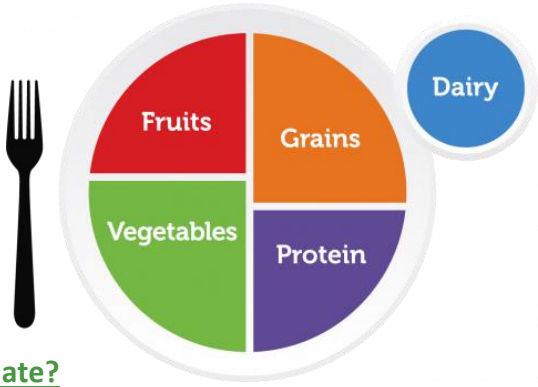
- 1 slice of bread
- 1 cup of ready-to-eat cereal
- ½ cup of cooked rice, pasta, or cereal

Whole grains are a source of fiber which can help reduce blood cholesterol levels in addition to lowering the lowering the risk of heart disease and it promotes healthy bowel function.

Many refined grains are rich in B vitamins which important for a person's weight management/metabolism and to have a healthy nervous system.

Fortified whole and refined grain products are a major source of plant-based iron.

Grains are broken down into 2 types: whole grains and refined grains. Refined grains are stripped of some of its nutrients, but some can be added back or enriched later in the process.



Source: USDA MyPlate What Is MyPlate?