



MyPlate U.S. Department of Agriculture



## Make Half Your Grains Whole Grains

Work toward making at least half of your grain choices whole grains. Discover new ways to enjoy grains with these tips.

### Have whole grains at breakfast

Enjoy a whole grain hot cereal. Oatmeal is a favorite, but consider trying a grain that's new to you, like buckwheat or millet. You might find a new breakfast favorite.

### Enjoy a multi-grain bowl

Create a one-dish meal by layering a mixture of grains like barley or wild rice with some colorful veggies and some low-fat cheese. Add your favorite protein and a dash of hot pepper sauce.

### Swap your sandwich bread

Look for sandwich-type breads made with whole grains. Pita, tortillas, naan, sliced breads, and rolls are all available as whole grains.

### Choose whole grain takeout

Ask about whole grain options when dining out or ordering take-out food. For example, make a switch to whole-wheat pasta or brown or wild rice.

### Experiment with a new grain

Cook a new grain like quinoa, amaranth, or millet. You can find cooking tips and recipes online. Grains are pretty versatile and also have lots of important nutrients.

### Switch up pizza night

Create individual, homemade pizzas on whole-wheat English muffins or tortillas. Or, make a traditional pizza using a pre-made whole-wheat flour. Don't forget the veggie toppings.



MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*



For more tips on healthy eating and food safety, refer to [MyPlate.Gov](https://www.MyPlate.gov)



Provided by the Lac du Flambeau Food Distribution Nutrition Education Program 715-588-4386