

Name: _____

Notes on GRAIN:

According to the MY PLATE GUIDELINES, _____ of the grain products you eat should be _____ grain products, with a minimum of _____ servings of whole grains a day.

The six most common whole grains include:

Eight Less common types of grain include:

What should you look for on a package to identify it as whole grain?

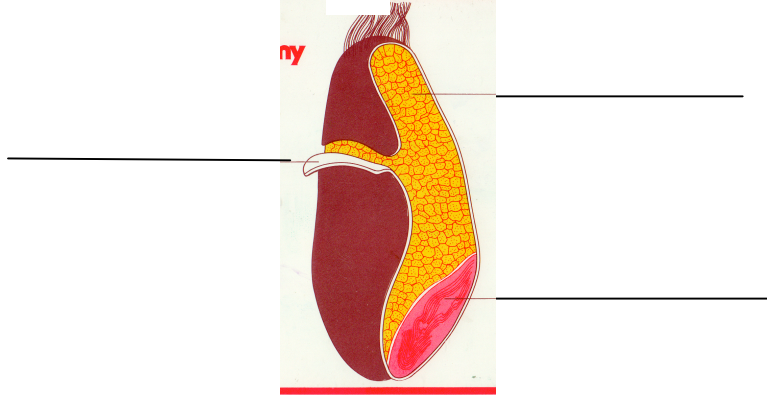
1. _____
2. _____
3. _____
-

Identify the serving size that counts as a 1 ounce equivalent of the following grain product:

Grain Product	Amount equivalent to 1 ounce
Cooked Cereal (such as oatmeal)	
Whole Wheat Bread	
Popcorn	
Whole grain crackers	
Dry cereal	
Brown Rice	
Pasta (whole wheat)	

Name: _____

Identify the parts of the grain:



Nutrients contained in the Bran:

Nutrients contained in the Endosperm:

Nutrients contained in the Germ:

Refining grain removes the _____ and the _____ leaving only _____. By doing this they are removing many nutrients including _____

Putting the nutrients lost back in is called _____.

List SEVEN diseases that may be reduced by eating quality whole grains:

Why do whole grains help prevent disease?

Whole grains contain _____ which helps reduce constipation by _____
