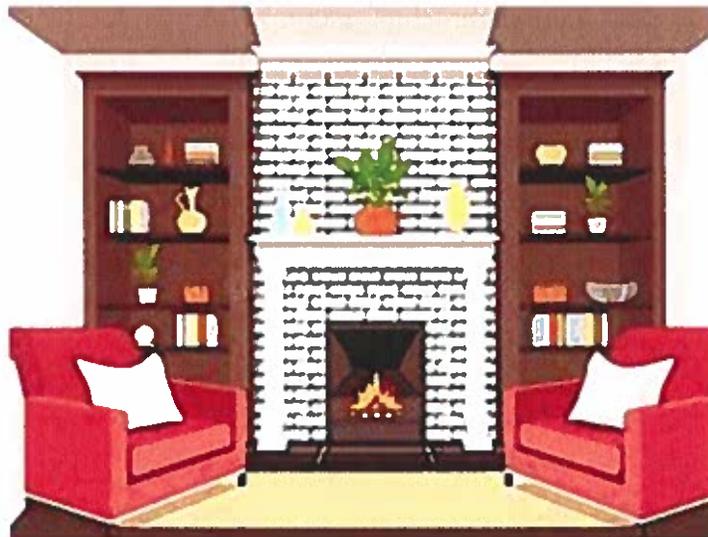




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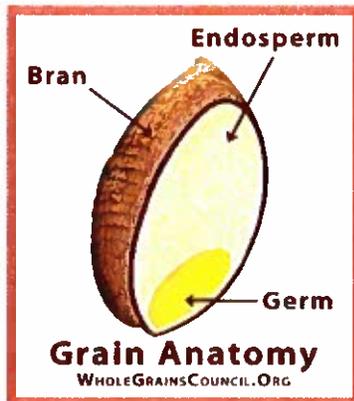
2025



**WHOLE GRAINS:  
Nutrient Dense Food for a Healthier Diet!**

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## WHOLE GRAINS: Nutrient Dense Food for a Healthier Diet!



**What Are Whole Grains?** Grains are the seeds of grasses grown for food. These plants are also called cereals. Each grain, also called a kernal, has three parts: 1) The *bran* is the hard outer coating of a grain kernal. It contains vitamins, minerals, antioxidants, and most of the kernal's fiber. 2) The *germ* is the part that sprouts into a new plant. It has many vitamins, minerals, proteins, healthy fats and other natural plant nutrients. 3) The *endosperm* is the energy supply for the seed. It mostly contains carbohydrates and very little fiber. It has small amounts of proteins and vitamins.

Foods made from grains fall into the following categories:

**Whole grains.** Whole grains include all parts of the grain kernal which includes the bran, germ, and endosperm, and in the same proportions as when the grain grows in the field.

**Refined grains.** Refined grains have been milled, a process that removes the bran and germ. This procedure gives the grains a finer texture and improves their shelf life. But it also removes dietary fiber, iron and many B vitamins.

**Enriched grains.** The nutrients removed from refined grains may be added back and are called enriched grains. For example, when rice is refined, it loses vitamins, minerals and fiber. Enriched white rice has these vitamins and minerals added back.

**Fortified grains.** Food also may have nutrients added that aren't naturally there or food may get a boost in the nutrients that are naturally there. Foods with these extra nutrients are called fortified foods. For example, many breads and breakfast cereals are fortified with folic acid and iron.

Until the Industrial Revolution, most grains were consumed in their whole grain form. But with the introduction of roller mills in the late 1800's, refined grains became easier and cheaper to produce. The bran and germ were stripped, and the grains became more shelf-stable, cheaper and less nutritious.

**Health Benefits of Whole Grains:** The bran from any kind of whole grain is a good source of fiber. Whole grains offer several grams of protein per serving. Many compounds in whole grains act as antioxidants. Nutrients in whole grains vary according to the grain and may include the following nutrients:

vitamin B-2 or riboflavin	vitamin A	vitamin B-1 or thiamin
vitamin B-9 or folate	vitamin B-3 or niacin	vitamin B-6 or pyridoxine
iron	vitamin E	copper
phosphorus	magnesium	manganese
	selenium	zinc

Whole grains deliver many types of plant compounds that play a role in preventing disease. The following are benefits of whole grains, as shared by the Cleveland Clinic:

- Avoid weight gain. Studies suggest people who eat a lot of whole grains tend to have lower BMIs and are less likely to carry weight in their midsection.
- Improve your gut health. Fiber helps to bulk up your stool, keep you regular and improve gut microbiota.

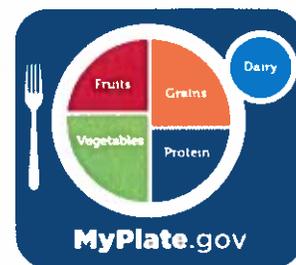
- Improve or maintain your cholesterol. Fiber can reduce your total cholesterol and your bad (LDL) cholesterol levels. Oats are the best whole grain for lowering cholesterol.
- Reduce blood pressure.
- Prevent type 2 diabetes. People who eat a lot of whole grains generally have lower blood sugar and better insulin sensitivity.
- Lower risk for certain kinds of cancers—colorectal, stomach, pancreatic and esophageal.
- Prevent heart disease and stroke. (Cleveland Clinic)
- There is also some evidence suggesting that whole grains can help reduce chronic inflammation, the root of many chronic diseases. (Jennings)

“A growing body of research shows that choosing whole grains and other less-processed, higher-quality sources of carbohydrates, and cutting back on refined grains, improves health in many ways.” (Harvard)

“Refined grains lack the levels of fiber and plant compounds responsible for the benefits of whole grains. They may also be linked to issues like obesity, heart disease, and inflammation, but we need more research into those relationships.” (Streit)

While whole grains are healthy for most people, they may not be appropriate for all people. Gluten-related disorders (GRDs) such as celiac disease, non-celiac gluten sensitivity (NCGS), and wheat allergy can affect your skin, digestive system, mood, and joints. Kerri-Ann Jennings explains further, “Gluten-free whole grains, including buckwheat, rice, oats and amaranth, are fine for most people with these conditions. However, some have difficulty tolerating any type of grain and experience digestive distress and other symptoms. Some grains, such as wheat, are high in short-chain carbohydrates called FODMAPs. These can cause symptoms in people with irritable bowel syndrome (IBS), which is very common.” (Jennings)

**Daily Dietary Recommendation for Whole Grains:** Healthy dietary guidelines from the USDA are represented by MyPlate, a simple visual reminder to choose a variety of foods throughout the day and throughout the week. The amount of grains you need to eat depends on your age, sex, height, weight, and physical activity. It is recommended by USDA to eat a minimum of 3 daily servings of whole-grain foods, at least half of the total grains being whole grains. “A one ounce-equivalent of 100% whole grains has 16 grams of whole grains... If a food has at least 8 grams of whole grains per ounce-equivalent then half of the grains are whole-grain ingredients.” (USDA & HHS, p. 32)



To compare Americans whole grain food intake, researchers from Tufts University interviewed nearly 40,000 adults who participated in the National Health and Nutrition Examination Survey from 2003 to 2018. The researchers looked at how five institutions define whole grain food and found that each one differs slightly. “Researchers determined that, depending on the definition of whole-grain food used, intake could be anywhere from 39% to 61%... analysis showed that in 2017-2018, the highest population mean consumption of whole grain foods was 1.05 [ounce-equivalent] per day,” compared to USDA minimum recommendation of 3 ounces of whole grains daily. (Garone)

The USDA and the Department of Health and Human Services report, “Most Americans meet recommendations for total grain intakes, although 98 percent fall below recommendations for whole grains and 74 percent exceed limits for refined grains...About 20 percent of intake of refined grains comes from snacks and sweets, including crackers, pretzels, cakes, cookies, and other grain desserts.” (USDA & HHS, p.32)

Due to an increasing amount of research showing the various health benefits derived from whole grains, and even a possible detrimental effect when eating mostly refined grains, it is recommended to choose mostly whole grains instead of refined grains. (Harvard)

### **How to Include More Whole Grains in Your Diet:**

- Eat oatmeal of all kinds, from unprocessed oat groats to the instant stuff!
- Enjoy a whole grain hot cereal. Oatmeal is a favorite but consider trying a grain that’s new to you, like buckwheat or millet.
- Enjoy a multigrain bowl. Create a one-dish meal by layering a mixture of grains like barley or wild rice with some protein, veggies and some low-fat cheese.
- Look for sandwich-type breads made with whole grains. Pita, tortillas, naan flat bread, sliced breads and rolls are all available as whole grains.
- Make cornbread or polenta out of whole grain cornmeal.
- Use stone ground corn tortillas rather than white tortillas in tacos.
- 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.
- Switch up pizza night. Create individual, homemade pizzas on whole wheat English muffins or tortillas. Or, make a traditional pizza using a premade whole wheat flour.
- Build snacks around whole grains: whole grain crackers, whole grain cereal, or popcorn.
- Add barley to vegetable soups.
- Try using whole grain flours, such as whole-wheat pastry flour in baking. Substitute half the white flour in baking recipes with whole wheat or oat flour.
- Add oats to smoothies and ground meat; add rolled oats or crushed whole wheat bran cereal in recipes instead of dried breadcrumbs.
- Reduce intake of cakes, cookies, and other grain desserts as it will reduce refined grain intake and help you stay within your caloric need.

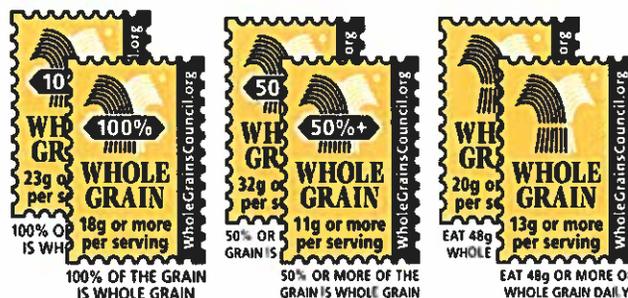
Keep an eye on sugar content. Seeing “whole grain” on packaging does not automatically mean that the product is healthy. “Look for lower-sugar cereals with less than 9 grams of sugar per serving...Don’t pick cereals with sugar listed in the top five ingredients. And beware of ‘sugar imposters’ such as glucose, maltodextrin, high fructose corn syrup and evaporated cane juice...Sweeter cereals are more likely to have elevated sodium levels...Manufacturers will add sodium in to make something sweet taste even sweeter.” (Cleveland Clinic)

There are many ways to work whole grains into your diet. Replacing refined grains with whole grains is a good place to start. Eating a variety of whole grains ensures that you get more health promoting nutrients. A variety also helps make meals and snacks more appealing.

**Read Food Labels!** It is not always easy to know what kind of grain is in a product. Ingredient labels can help to choose whole grain foods. Ingredients on a food label are listed from the greatest to the least amount. The first ingredient listed should say 100% whole grain. If it simply says “wheat” instead of “whole wheat”, it is not whole grain. If there is more than one whole grain, the grains should be near the start of the list. Avoid foods that mention the phrase “enriched” or “refined”. That is a giveaway that the item contains refined grains.

Try using the following 10:1 ratio rule when choosing whole grain foods: for every 10 grams of carbohydrate, there should be at least one gram of fiber. That is about the ratio of carbohydrate to fiber in a genuine whole grain unprocessed grain of wheat. It just takes a little math. This information is found on food labels, which lists both total carbohydrates and dietary fiber. Divide the grams of carbohydrates by 10. If the grams of fiber in the food item is as large or greater than the value or answer, the food meets the 10:1 ratio. This may be easier than reading through an ingredient list, which sometimes can be long and confusing. (Skerrett)

The Whole Grain Stamp was developed by the Whole Grain Council as a shortcut for finding products offering at least a half serving of whole grains. The Whole Grain Stamp features a sheaf of grain on a golden background with a black border. The Whole Grain Stamp is fairly easy to spot on food packages. There are three different varieties of the Whole Grain Stamp: the 100% Stamp, the 50% Stamp and the Basic Stamp.



1. If a product bears the 100% Stamp, then all its grain ingredients are whole grain. There is a minimum requirement of 16 grams, a full serving of whole grain per labeled serving, for products using the 100% Stamp.
2. If a product bears the 50%+ Stamp, then at least half of its grain ingredients are whole grain. There is a minimum requirement of 8 grams, a half serving of whole grain per labeled serving, for products using the 50%+ Stamp.
3. If a product bears the Basic Stamp, it contains at least 8 grams, a half serving of whole grain, but may contain more refined grain than whole. (Whole Grains Council)

Each stamp also shows how many grams of whole grain ingredients are in a serving of the product. If a product contains large amounts of whole grain but also contains extra bran, germ, or refined flour, it will use the 50% Stamp or the Basic Stamp and not the 100% Stamp. (Whole Grains Council)

**Whole Grains and Food Security:** The world’s population eats grains mostly from the “big 3” (corn, rice, and wheat) in their refined form. In low- and middle-income countries, greater than fifty percent of global calories come from refined grains. In nearly every country, these refined grains are abundant and cheap. So how do we provide whole grains to those populations with food insecurity?

Chris Mitchell and colleagues state, “Shifting to greater production and consumption of fortified whole grains can be a powerful solution at the intersection of food insecurity, poor nutrition and environmental impact.” The US introduced the mandatory fortification of wheat flour in 1943. This practice of fortifying refined grains has been used for decades to enhance their nutritional value. However, “Only 26% of wheat and 3% of rice are fortified globally. And less than one-quarter of all grains are consumed in their whole form.” (Mitchell, C. and colleagues)

Mitchell and colleagues go on to explain that a more nutritious form of crop can be achieved if we combine the practice of producing whole grains and fortification of whole grains. When the environmental benefits are added to the nutritional gains, fortified whole grains become a powerful tool in three significant ways. They pack a greater nutritional punch with less volume. They reduce the environmental footprint by emitting fewer greenhouse gases, requiring less land and water to produce the same amount of food. They can also promote biodiversity and reduce deforestation. (Mitchell, C. and colleagues)

David Kamau and Peiman Milani reported, “Concerns have been raised about the shelf life of whole grain products, their costs as well as consumer acceptance. Advances in food processing technology make it possible for many whole grain foods to have a shelf life of six months and longer, and it has been demonstrated that the production of whole grain in bulk costs less than that of refined grain.” (Kamau & Milani)

They also reported that consumers are increasingly accepting whole grain foods as follows: “In Rwanda, there has been an increased adoption of whole grain in school meals...In Denmark, consumer education, including through packaging logo, increased consumption of whole grains by 75 percent between 2007 and 2014.” (Kamau & Milani)

David Kamau and Peiman Milani conclude: “With the world facing an escalating food and hunger crisis, action needs to be taken that would save lives and begin to steer food systems toward healthier outcomes. Today a lot more is known about the nutritional value of whole grains and the ramifications of refinement... The global food crisis and its underlying causes, which are deep and systemic, would not be solved by the switch from refined to fortified whole grains. Bigger transformations are needed...However, shifting to whole grains is an important and highly feasible step...” (Kamau & Milani)

**List of Whole Grains:** Whole grain versions of rice, bread, cereal, flour and pasta can be purchased at most grocery stores. The following information regarding cooking with whole grains is from the Whole Grains Council.

**Amaranth** is often called an ancient grain but it is technically a pseudo-grain. It is typically enjoyed as breakfast porridge, is a great thickener for stews and can be popped like popcorn. Amaranth is not well suited for grain salads or pilafs. It pairs well with squash, corn, sesame, cinnamon, vanilla, and chocolate. Amaranth is gluten-free.



**Barley** is an ancient grain. It is ideal for grain salads and pilafs. It is a great substitute for rice, especially in curries, stir fries, and risottos. It combines well with mushrooms, root vegetables, warm spices, and fall flavors like apples. Barley is not gluten-free.

**Buckwheat** is another ancient grain, a pseudo-grain. To keep the grains from becoming too creamy, buckwheat is often coated with an egg or other fat before cooking. Buckwheat works well in casseroles, and breakfast porridge. Buckwheat flour is quite versatile, adding richness to soba noodles, pancakes, and pastries. It pairs well with dried fruit, dark spices, beets, walnuts, and hazelnuts. Buckwheat is gluten-free.

**Bulgur wheat** is wheat that has been pre-cooked, then cracked into smaller pieces. Bulgur wheat is an ancient grain. It is ideal for grain salads, sides, and pilafs or served warm as a creamy breakfast porridge. It combines well with parsley, tomatoes, cinnamon, and most fresh produce. Bulgur wheat is not gluten-free.

**Corn** is a great thickener for stews but not well suited for grain salads or pilafs. Whole grain cornmeal is best suited for porridge or polenta style recipes. Popcorn is also considered a whole grain although fresh corn, such as corn on the cob, is not. Corn pairs well with chiles, berries, stone fruit, aromatic spices, tomatoes, cumin, peppers, and beans. Corn is gluten-free.

**Freekeh Green Wheat** is great for adding substance to light dishes. The fluffy, chewy texture makes it ideal for grain salads, sides, pilafs, and meat dishes. It combines well with cinnamon, tomatoes, lemon and pine nuts. Freekeh green wheat is not gluten-free.

**Millet** is an ancient grain. Depending on how much liquid you use, millet can be prepared fluffy for pilafs and grain salads, sticky for croquettes and patties, or creamy for warm porridge. Millet is also a delicious base for curries, stir fries, and pilafs and is best served warm. It pairs well with mushrooms, herbs, warm spices, scallions, and squash. Millet is gluten-free.

**Oats** are an ancient grain. Most oats are steamed and flattened to produce rolled oats, quick oats, or instant oats, but all are whole grain, as the bran and germ are always left intact. Oats are used in porridge or polenta style recipes. Steel cut oats can also be substituted for rice in risotto style recipes. It is not well suited for grain salads or pilafs. It combines well with cinnamon, dried and fresh fruit, thyme, mushrooms, walnuts, coffee, and coconut. Oats are gluten-free.

**Quinoa** is an ancient grain and is technically a pseudo-grain. Quinoa is one of the few plant foods that is a complete protein. Quinoa has a pleasantly firm chew even when served chilled, making it ideal for both warm and cold grain salads. It is popular in sides and pilafs. Quinoa pairs well with nearly anything, especially Latin American ingredients such as avocado, black

beans, citrus, cilantro, corn, peppers, and tomatoes. Be sure to rinse well before cooking, as quinoa has a bitter outer coating that needs to be washed off. Quinoa is gluten-free.

**Rice (Brown Rice, Black Rice, Red Rice)** is great as a base in curries, stir fries, risottos and rice pudding. Shorter grain rices are stickier, best suited for sushi and risotto, while longer grain rices are great for pilafs. In gluten-free baking, the bran and germ in brown rice flour also help make it less gummy. It accentuates other flavors and combines well with nearly anything, especially eggs, milk and chocolate. Rice is gluten-free.

**Rye and Triticale (a Wheat-Rye Hybrid)** Rye berries and triticale berries can be used interchangeably with wheat berries in most recipes, especially in pilafs, casseroles, and grain salads. Rye flour adds a distinct, rich flavor to baked goods, especially in yeast breads. Rye flakes and rye grits can be used in breakfast porridge or polenta style recipes. Rye and triticale works well with cabbage, beets, mustard, raisins, and sweet and sour flavors. Rye and triticale are not gluten-free.

**Sorghum** is an ancient grain and is also called milo. Sorghum is used in porridges, flatbreads, and even beverages. The pleasant firm chew of sorghum makes it ideal for grain salads and pilafs. Its pearly shape makes it a great substitute for couscous. It can also be popped, like popcorn. Sorghum flour works well in pancakes, waffles, crepes, and cookies. It pairs especially well with Southern ingredients like ham, bourbon, pecans, peanuts, berries, dates, figs, banana and warm spices. Sorghum is gluten-free.

**Teff** is an ancient grain. Teff is used in porridge or polenta style recipes. It is a great thickener for stews, but not well suited for grain salads or pilafs. It combines well with nuts, chocolate, seeds and pumpkin. Teff is gluten-free.

**Whole Wheat Flour (including Kamut, Spelt and Einkorn Flour)** Kamut, spelt and einkorn are all ancient grains. Breads have been a mealtime staple for centuries. Whole wheat pastry flour and sprouted whole wheat flour are also good options for baking, while whole grain spelt flour is well suited for pasta and pastries. It works well with nearly everything, especially honey, chicken, squash, mushrooms, cheese, and warm spices. Whole wheat flour can be substituted for up to 50% of the all-purpose flour in a recipe without making adjustments. To convert a recipe to 100% whole wheat, add an extra 2 teaspoons liquid per cup of flour, then let the dough rest for 20 minutes after mixing. Whole wheat flour is not gluten-free.

**Wheat Berries and Ancient Wheats (Einkorn, Emmer/Farro, Kamut, Spelt)** are ancient grains. Einkorn is thought to be the most ancient of wheat varieties available today. They have a pleasant chew even when chilled, making it ideal for both warm and cold grain salads. They are popular in sides and pilafs. Farro, also called emmer, is becoming popular in risotto or “farrotto”. It pairs well with nearly anything. Wheat berries and ancient wheats are not gluten-free.

**Wild Rice** is not related to rice, but is a wild grass. A chewy texture makes it great in grain salads and pilafs, or for adding heartiness to green salads and light dishes. Wild rice can be popped. It combines well with brown rice, caramelized onions, squash, root vegetables and mushrooms. Wild rice is gluten-free. (Whole Grains Council.)

## Leader Guide

### Whole Grains: Nutrient Dense Food for a Healthier Diet!

Welcome, Introduction of Speakers, Introduction of Topic 3 minutes

Introduction of Topic: At the present time, most Americans meet the USDA recommendations for total grain consumption, although 98 percent fall below recommendations for whole grains and 74 percent exceed the limits for refined grains. It is recommended that at least half of the total grains of our daily food intake should be whole grains. Due to an increasing amount of research showing the various health benefits derived from whole grains, and even a possible detrimental effect when eating mostly refined grains, we should be striving to eat mostly whole grains. This Hearth Fire describes the global variety of whole grains, including ancient grains, and provides multiple suggestions of ways to increase whole grains in our diet.

*Activity 1: Whole Grain Crossword Puzzle* 4 minutes

Do not expect participants to finish the activity in the time allotted –may continue to complete during the presentation, or at the end of the lesson.

What are Whole Grains? 4 minutes

Health Benefits of Whole Grains 5 minutes

Daily Dietary Recommendation for Whole Grains 4 minutes

How to Include More Whole Grains in Your Diet 4 minutes

Read Food Labels/Carbo-Fiber Ratio 3 minutes

*Activity 2: Computing carbo-fiber ratio* 5 minutes

Complete this math activity as a group to help with understanding.

Whole Grain Stamp 3 minutes

Whole Grains and Food Security 4 minutes

Pick Minimum of Five Whole Grains to Highlight 5 minutes

Consider a taste test of lesser known grains, if your venue allows. You may choose to talk about more grains, depending on presentation time.

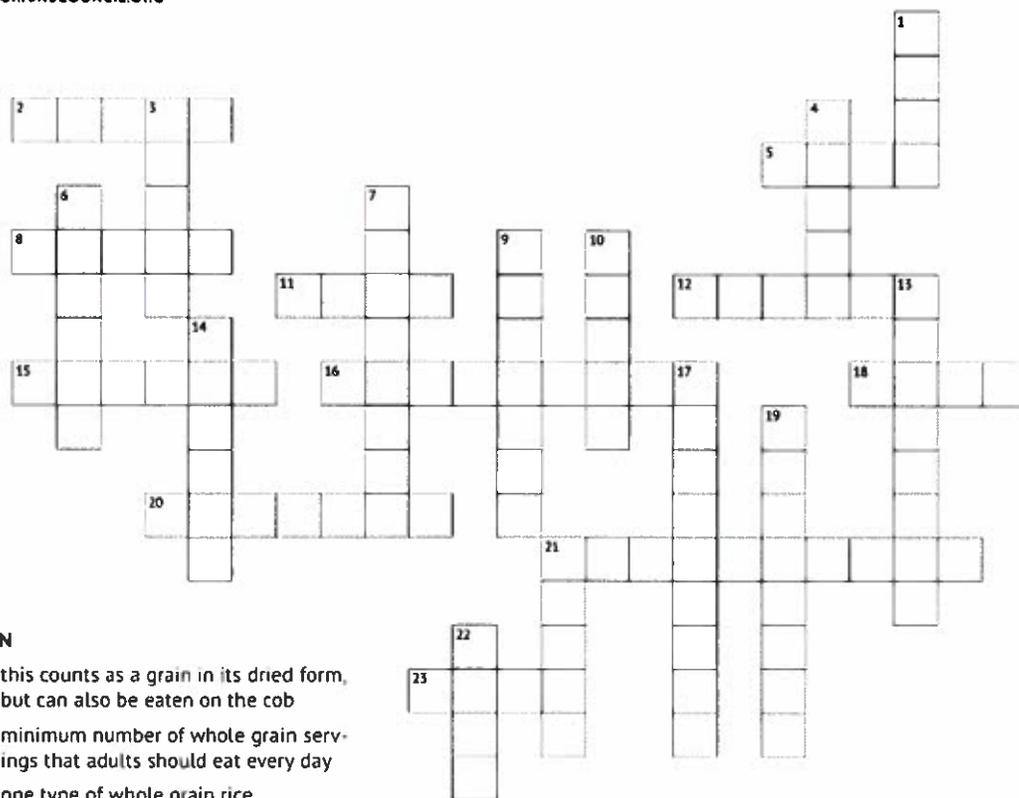
Review Whole Grains Crossword Puzzle, sharing answers 3 minutes

Closing – Answer any questions or take comments 13 minutes

# WHOLE GRAIN ACTIVITY 1



## Test Your Whole Grain Knowledge!



### DOWN

- 1 this counts as a grain in its dried form, but can also be eaten on the cob
- 3 minimum number of whole grain servings that adults should eat every day
- 4 one type of whole grain rice
- 6 leading whole grain staple in India
- 7 whole grain that is a type of aquatic grass grown by indigenous tribes around the Great Lakes
- 9 type of grain that has remained largely unchanged for the last several hundred years
- 10 whole grain that contains large amounts of gluten and is ideal for making bread
- 13 whole grain that was a staple in Aztec culture
- 14 whole grain that often has a tough outer hull, but can also be grown "naked" or hull-less
- 17 a grain's food supply in the case of germination and the largest portion of the kernel
- 19 type of refined grain where some nutrients have been added back, but not in their original proportions
- 21 packaging tool that indicates products that contain significant amounts of whole grain
- 22 popular Ethiopian whole grain

### ACROSS

- 2 rice that has had its germ and bran removed or polished away
- 5 the multi-layered outer skin of the edible kernel
- 8 our digestive system can't break this down and the term is not interchangeable with whole grains
- 11 U.S. Dietary Guidelines indicate that whole grains should make up this fraction of an adult's total grain intake
- 12 colorful whole grain with its origins in the Andes in South America
- 15 breakfast food usually served with milk that is often made with whole grains
- 16 hybrid of durum wheat and rye
- 18 whole grains often eaten for breakfast and almost never refined
- 20 type of grain that is missing some portion of its three key parts and is therefore lacking in nutrients
- 21 a way to alter recipes to replace refined grains with whole grains
- 23 embryo of the kernel with the potential to sprout a new plant

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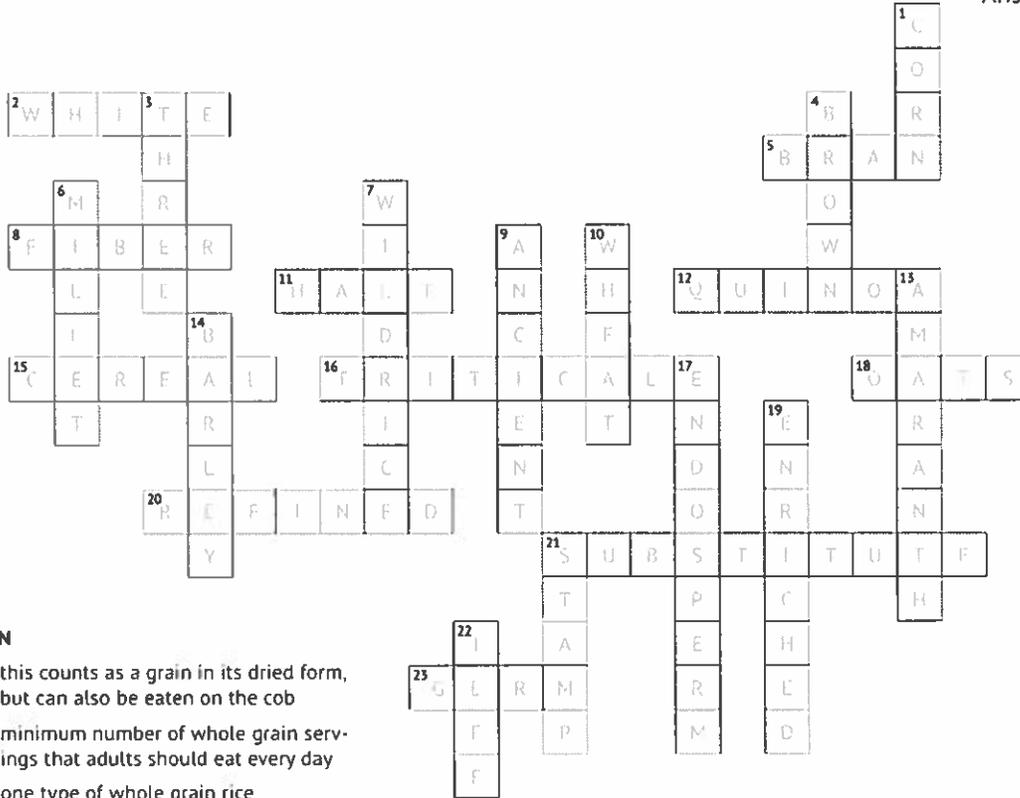


# WHOLE GRAIN ACTIVITY SHEET (ANSWER KEY)



## Test Your Whole Grain Knowledge!

Answer Key



### DOWN

- 1 this counts as a grain in its dried form, but can also be eaten on the cob
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## ACTIVITY 2

Compute the Carbohydrate-Fiber Ratio of the following foods. Are they a good source of whole grains? Are they otherwise healthy--check for sugar and sodium. (Low sodium is considered 140 milligrams or less per serving.)

Carbo-Fiber Ratio    10:1 Rule    Carbohydrates  $\div$  10 = value or answer

If the grams of fiber in the food item is as large or greater than the value or answer, the food meets the 10:1 ratio.

	Carbo-Fiber Ratio	Good Source of Whole Grain?	Healthy? (sugar/sodium?)
<b>Bob's Red Mill Muesli</b> Total Carbohydrates 23 grams Dietary Fiber 4 grams Total Sugars 5 grams (2 grams added sugars) Sodium 10 mg.			
<b>Dave's Killer Bread</b> Total Carbohydrates 14 grams Dietary Fiber 3 grams Total Sugars 3 grams (includes 3 grams added sugars) Sodium 105 mg.			
<b>Back to Nature Classic Granola</b> Total Carbohydrates 26 grams Dietary Fiber 2 grams Total Sugars 6 grams (includes 5 grams added sugars) Sodium 0 mg.			
<b>Multi Grain Cheerios</b> Total Carbohydrates 32 grams Dietary Fiber 3 grams Total Sugars 8 grams (includes 8 grams added sugars) Sodium 150 mg.			
<b>Cheerios Oat Crunch</b> Total Carbohydrates 43 grams Dietary Fiber 4 grams Total Sugars 15 grams (includes 15 grams added sugars) Sodium 240 mg.			

## ACTIVITY 2 (ANSWER KEY)

Compute the Carbohydrate-Fiber Ratio of the following foods. Are they a good source of whole grains? Are they otherwise healthy-- check for sugar and sodium. (Low sodium is considered 140 milligrams or less per serving.)

Carbo-Fiber Ratio = 10:1 Rule    Carbohydrates  $\div$  10 = value or answer

If the grams of fiber in the food item is as large or greater than the value or answer, the food meets the 10:1 ratio.

	Carbo-Fiber Ratio	Good Source of Whole Grain?	Healthy? (sugar/sodium?)
<b>Bob's Red Mill Muesli</b> Total Carbohydrates 23 grams Dietary Fiber 4 grams Total Sugars 5 grams (2 grams added sugars) Sodium 10 mg.	$23 \div 10 = 2.3$  4 g. of fiber is greater than 2.3	Yes	Yes
<b>Dave's Killer Bread</b> Total Carbohydrates 14 grams Dietary Fiber 3 grams Total Sugars 3 grams (includes 3 grams added sugars) Sodium 105 mg.	$14 \div 10 = 1.4$  3 g. of fiber is greater than 1.4	Yes	Yes
<b>Back to Nature Classic Granola</b> Total Carbohydrates 26 grams Dietary Fiber 2 grams Total Sugars 6 grams (includes 5 grams added sugars) Sodium 0 mg.	$26 \div 10 = 2.6$  2 g. of fiber is less than 2.6	No	Yes
<b>Multi Grain Cheerios</b> Total Carbohydrates 32 grams Dietary Fiber 3 grams Total Sugars 8 grams (includes 8 grams added sugars) Sodium 150 mg.	$32 \div 10 = 3.2$  3 g. of fiber is slightly less than 3.2	No Does not meet the 10:1 ratio but is close.	Borderline Sugar close to limit of 9 g. Sodium level not low sodium.
<b>Cheerios Oat Crunch</b> Total Carbohydrates 43 grams Dietary Fiber 4 grams Total Sugars 15 grams (includes 15 grams added sugars) Sodium 240 mg.	$43 \div 10 = 4.3$  4 g. of fiber is slightly less than 4.3	No Does not meet the 10:1 ratio.	No Exceeds limits of 9 g. added sugars. Sodium above low sodium limit.

## Resources

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