



# Great Whole Grains!

## Why make half your grains whole?

Eating just one, two or three extra servings of whole grain foods each day can influence your wellness and reduce your risk of many major chronic diseases in the future, such as heart disease, cancer, stroke, constipation, hemorrhoids, diverticulosis and type 2 diabetes.

~ Eating whole grains helps you feel full (satiety) and delays hunger.  
~ Whole grains provide energy for daily activities.  
~ You can enjoy delicious whole grain foods at each meal without spending a lot of time or money to do so. The most inexpensive whole grains generally are large containers of store-brand oatmeal, breakfast cereals, popcorn, crackers and breads.

~ When shopping for whole grains, look at the list of ingredients shown on the package for the word “whole” in front of a grain, such as “whole wheat”, if you want to get a food that is high in whole grains.

Source: Mary Meck Higgins, Ph.D., R.D., L.D., CDE, *Healthful Whole Grains!*, Kansas State University, September 2002.

## The Breadbasket of the World

In an average year, Kansas wheat farmers produce enough wheat to make over 36 billion loaves of bread, or enough to provide each person on the earth with 6 loaves of bread.

Source: The Kansas Association of Wheat Growers  
[www.wheatmania.com](http://www.wheatmania.com)



## Types of Whole Grains

- \* Brown rice
- \* Buckwheat or kasha
- \* Cracked wheat or bulgur
- \* Millet
- \* Quinoa
- \* Spelt
- \* Oatmeal
- \* Popcorn
- \* Whole grain barley
- \* Whole grain cornmeal
- \* Whole wheat
- \* Wild rice
- \* Whole rye
- \* And many more!

For information about food assistance for senior adults, call the Kansas SRS Service Center, toll free, 888-369-4777.  
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