

I successfully completed this goal. These are the grams of fiber I ate each day.

Mon:
Tue:
Wed:
Thur:
Fri:
Sat:
Sun:

Name _____

Date _____

GetFIT Helpful Connections - Look For Whole Grains

Serve sandwiches on whole-wheat bread, rolls, or whole-wheat tortillas.
Replace half of your ground beef with bulgur wheat to reduce the saturated fat/cholesterol.
Instead of potatoes or white rice, try different grain casseroles like barley.
Select an unsweetened or low-sugar whole grain cereal for breakfast and snacks. Mix several whole grain cereals together for a different flavor.
Make grain dishes in advance of mealtime and freeze to use later - whole grains take longer to cook.
Replace $\frac{1}{2}$ -enriched flour with $\frac{1}{2}$ whole-wheat or oat flour when baking muffins, pancakes, or bread. Look in a cookbook for directions on how to substitute whole grains.
Use whole-wheat pasta and brown rice instead of white.
Select whole grain snacks such as popcorn or whole grain crackers.
Add grains such as brown rice, barley, and whole-wheat pasta to soups, casseroles, and stews.
Use whole-wheat bread crumbs and cubes in stuffing and meatloaf.
Crush whole grain cereal and use as a coating for poultry, fish, or as a casserole topper.
To introduce children and other family members to whole-wheat bread, look for white 100% whole-wheat bread. Serve $\frac{1}{2}$ whole-wheat pasta combined with $\frac{1}{2}$ enriched pasta.

I successfully completed this goal. These are the grams of fiber I ate each day.

Mon:
Tue:
Wed:
Thur:
Fri:
Sat:
Sun:

This is what else I did.

Name _____

Date _____

GetFIT Helpful Connections - Look For Whole Grains

Serve sandwiches on whole-wheat bread, rolls, or whole-wheat tortillas.
Replace half of your ground beef with bulgur wheat to reduce the saturated fat/cholesterol.
Instead of potatoes or white rice, try different grain casseroles like barley.
Select an unsweetened or low-sugar whole grain cereal for breakfast and snacks. Mix several whole grain cereals together for a different flavor.
Make grain dishes in advance of mealtime and freeze to use later - whole grains take longer to cook.
Replace $\frac{1}{2}$ -enriched flour with $\frac{1}{2}$ whole-wheat or oat flour when baking muffins, pancakes, or bread. Look in a cookbook for directions on how to substitute whole grains.
Use whole-wheat pasta and brown rice instead of white.
Select whole grain snacks such as popcorn or whole grain crackers.
Add grains such as brown rice, barley, and whole-wheat pasta to soups, casseroles, and stews.
Use whole-wheat bread crumbs and cubes in stuffing and meatloaf.
Crush whole grain cereal and use as a coating for poultry, fish, or as a casserole topper.
To introduce children and other family members to whole-wheat bread, look for white 100% whole-wheat bread. Serve $\frac{1}{2}$ whole-wheat pasta combined with $\frac{1}{2}$ enriched pasta.