

GOAL COUPON 7: LOOK FOR WHOLE GRAINS

Make sure the **first** ingredient in the *Ingredient list* is whole grain or whole-wheat. Whole grains contain fiber, vitamin E, several B vitamins, iron, magnesium, and selenium. Eat *at least* 3 ounces a day of whole grains to help with weight management as well as to lower cholesterol and the risk for heart disease. Examples include:

- **Brown rice or wild rice**
- **Buckwheat, bulgur wheat (cracked wheat), oatmeal, popcorn**
- **Whole-wheat cereal flakes, muesli**
- **Whole grain barley, rye, corn meal (not degerminated)**
- **Whole-wheat bread, crackers, pasta, rolls or tortillas**
- **Amaranth, millet, quinoa, sorghum, triticale**

Use the *GetFIT Helpful Connections* on the back of this coupon for ideas on how to incorporate whole grains into your diet. Aim for 14 grams of fiber for each 1000 calories you eat each day. For example, if you are eating 1800 calories, then aim for 25 grams of fiber in your diet (1.8×14 grams = 25 grams).

GOAL 7

Look on Chart B for your daily grain amount _____. Make at least 3 ounces whole grains.

Also, aim for 14 grams of fiber per 1000 calories. Write in your daily fiber amount on the back of this coupon.



GOAL COUPON 7: LOOK FOR WHOLE GRAINS

Make sure the **first** ingredient in the *Ingredient list* is whole grain or whole-wheat. Whole grains contain fiber, vitamin E, several B vitamins, iron, magnesium, and selenium. Eat *at least* 3 ounces a day of whole grains to help with weight management as well as to lower cholesterol and the risk for heart disease. Examples include:

- **Brown rice or wild rice**
- **Buckwheat, bulgur wheat (cracked wheat), oatmeal, popcorn**
- **Whole-wheat cereal flakes, muesli**
- **Whole grain barley, rye, cornmeal (not degerminated)**
- **Whole-wheat bread, crackers, pasta, rolls or tortillas**
- **Amaranth, millet, quinoa, sorghum, triticale**

Use the *GetFIT Helpful Connections* on the back of this coupon for ideas on how to incorporate whole grains into your diet. Aim for 14 grams of fiber for each 1000 calories you eat each day. For example, if you are eating 1800 calories, then aim for 25 grams of fiber in your diet (1.8×14 grams = 25 grams).

GOAL 7

Look on Chart B for your daily grain amount _____. Make at least 3 ounces whole grains.

Also, aim for 14 grams of fiber per 1000 calories. Write in your daily fiber amount on the back of this coupon.

