

## Health Tip of the Month

### Whole Grains: Make the Switch!

Whole grains foods are ...

- a good source of dietary fiber, help lower cholesterol, reduce constipation, and provide a feeling of fullness.
- a natural source of B-vitamins, and minerals (iron, magnesium & selenium).
- Often labeled "100% whole grain"
- Examples are brown rice, oats, wheat berries, barley, millet, quinoa, whole wheat pasta, and whole grain bread.

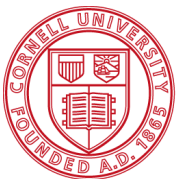
### Getting Started

- Whole grains may be prepared differently from refined (white) grains, so read cooking directions.
- Check expiration dates and store whole grain foods in a cool, dry place.



### Try, Try AGAIN

- Don't give up on whole grain foods. Try mixing whole with refined grains.
- Cook brown and white rice
  - Sandwiches: 1 slice white and 1 slice whole wheat
  - Pasta: mix regular and whole wheat



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Worksite Wellness Initiative: brought to you by PeiShien Chiou, Dietetic Intern  
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