

2. Whole Grain Foods

MODULE 5

Choose whole grain foods



One quarter of your healthy meal should be whole grains.

Whole grain products such as wheat, oats, barley, and rye are healthy choices because they are high in fibre.

Enriched products are good because certain vitamins and minerals that are lost during transformation have been added.

Look for the words “whole grain” or “whole wheat” on the ingredient list.

Some grain foods like breads and muffins, crackers and pasta dishes can have a lot of added sodium, sugars or saturated fats.

Try whole grain cereals, crackers or pita bread with snacks.