

Breads and Grains

Breads and grains provide:

- Carbohydrates for energy.
- Iron for healthy blood.
- B vitamins to help process your food.
- Fiber.



Most people need at least 6 ounces from this group each day. Cereals, pasta, and rice are also in this group. Although carbohydrates have recently been labeled as “bad foods,” eating them in moderation, and choosing more of the whole grain varieties will help you meet your MyPyramid goal.

An ounce is equal to:

- 1 slice of bread
- 1 small roll
- ½ cup cooked pasta or rice
- 1 cup ready-to-eat cereal
- ½ cup cooked cereal
- 1 6-inch tortilla



Eating high fiber foods: Most Americans do not eat enough fiber- only about 10-15 grams per day. Adults should be eating 25-35 grams per day!

1. Promotes regularity and prevents constipation.
2. May prevent you from getting certain cancers and heart disease.
3. May help lower cholesterol levels.
4. May help regulate blood sugar levels.



Where is fiber found?

Fiber is found in fruits, vegetables, grains, dried beans and peas, nuts, and seeds. A food with 2 grams or more fiber per serving is a good source of fiber.

Ways to Add Fiber to Your Diet:

1. Add slices of fresh fruit to cereal, yogurt, or cottage cheese.
2. Eat whole grain cereals for breakfast.
3. Eat 100% whole wheat bread instead of white.
4. Serve fruits and vegetables for snacks.
5. Use whole wheat flour in place of some white flour in recipes.
6. Eat more beans and peas at meals.

