

# Download Grains Healthy Eating With Myplate

TIPS: Make Half Your Grains Whole Grains Tip Sheets: 10 Tips: Choosing Whole-Grain Foods; 10 Tips: Make Half Your Grains Whole Grains; At meals: To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce-equivalent from the Grains Group. MyPlate Tip Sheets. USDA. Center for Nutrition Policy and Promotion. See easy-to-follow food and nutrition tips for all food groups including: Make Half Your Grains Whole Grains. Grains are a controversial food in modern times, and perhaps with good reason. They aren't the food they were thousands of years ago, or hundreds of years ago, or even 50 years ago.