

Bread. It's Essential To A Healthy Diet.



Intelligent Eating – Variety is Key

No single food contains all the essential vitamins, minerals and nutrients we need to be healthy, which is why it's recommended we regularly eat food from all the major food groups – grains, fruits, vegetables, meat, poultry, fish and nuts, milk, cheese and yogurt.

How Much Is Right?

Nutrition experts, including the USDA, recommend grain foods as a foundation for a healthful diet. How much you should eat each day depends on your age, activity level, body size and gender. The more active you are, the more you can eat. Packaged food labels are based on an average person's need for 2,000 calories a day, which means consuming about 6 ounces of grain foods daily, about three ounces being whole grain foods. A typical day's grains menu might look like this:

Breakfast: Two slices of whole grain toast or a whole grain English muffin

Mid-morning snack: 5-6 whole grain crackers

Lunch: One sandwich on enriched bread, bun or bagel

Dinner: One whole grain dinner roll

It's important to note that children, women and older adults may only need 1,600 calories for the entire day and should consume about five ounces of grain products, three of which are whole grains. On the other hand, teenage boys or very active men might require as many as 2,800 calories a day and could eat as many as 10 ounces of grain foods a day, with five ounces coming from whole grains.

The Grain Foods Foundation

The Grain Foods Foundation, a joint venture of members of the milling and baking industries formed in 2004, is dedicated to advancing the public's understanding of the beneficial role grain-based foods play in the human diet. Directed by a board of trustees, the Foundation is funded by voluntary donations from private grain-based food companies and supplemented by industry associations.



To learn more about the Grains for LIFE program and how you can incorporate healthy grains into your diet, please visit our website at www.grainpower.org.