



SmartTalk Blog

How to Enjoy More Whole-Grain Nutrition in Your Meals [CHECKLIST]

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From our recent post, 7 Reasons to Love Whole Grains, you know that whole grains are just plain *good* for us.



But how can you use whole grains in your everyday meals?

Try these tips from the Mayo Clinic to add whole-grain nutrition to your meals and snacks.

Welcome to SmartTalk, our PlainSmart Wellness and Weight Management blog.

Stop by often for:

- Practical tips for good nutrition
- Activity and exercise strategies
- Healthy and delicious recipes
- Events and specials
- The newest science in wellness and weight management
- Good news about what's going on at PlainSmart!

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Try these tips from the Mayo Clinic to add whole-grain nutrition to your meals and snacks:

- **Start with whole grains at breakfast!** Look for whole-grain cereals, such as whole-wheat bran flakes, but be sure to read the labels. Some bran flakes may just have the bran, not the whole grain. Load up on whole grains -- and great taste -- with shredded wheat and oatmeal, too.
- **Why not enjoy whole-wheat toast** instead of white, or whole-grain bagels instead of plain ones? Choose low-fat muffins made with whole-grain cereals such as oatmeal or bran for pastries, for a feel-good morning.
- **We all love sandwiches, so power yours up** using whole-grain breads or rolls. Swap out white-flour tortillas with whole-wheat versions, too.
- **If you've only tried white rice, you don't know what you're missing!** Tonight, replace that white rice with kasha, brown rice, wild rice, or bulgur...and enjoy!
- **Yum...as the weather gets cooler, feature wild rice** or barley in soups, stews, and casseroles.
- **Add whole grains to ground meat** (such as lean and healthy bison!) or poultry for extra body.
- **For even-better taste and texture, use rolled oats** or crushed whole-wheat bran cereal in recipes instead of dry bread crumbs.



Eating a variety of whole grains not only ensures that you get more health-promoting nutrients but also helps make your meals and snacks more interesting.

Want additional tips about nutrition and healthy eating? Talk to one of our Registered Dietitian Nutritionists.

reach out to an RDN

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