Tips for Increasing Whole Grain Bread

1. **Look at the ingredients list**  
   Before buying foods at the grocery store, take the time to read the ingredients list. Choose products that list whole grains first. Look for ingredients, such as whole wheat, wild rice, oatmeal and brown rice.

2. **Add in whole grains to baked goods**  
   Next time your recipe calls for flour, replace half of the flour with millet or whole wheat flour. Whole grain pancakes and muffins are delicious.

3. **Experiment with different whole grains**  
   Try adding new whole grains to your diet including quinoa, barley and wild rice.

4. **Make a healthy snack**  
   Instead of snacking on chips, try 100 percent whole-wheat or rye crackers for a more nutritious treat. Popcorn is another whole grain treat. Make sure to look for popcorn that contains no added salt or butter.

5. **Pay attention at the grocery store**  
   Foods labeled as multi-grain, 100 percent wheat, seven-grain and bran can be misleading. Often these products do not contain any whole grain ingredients! It is important for the product to read, “made with 100 percent whole grains/wheat.”

6. **Make half your grains whole grains**  
   Including more whole grains in your diet can help reduce your risk of developing some chronic diseases. Try replacing refined wheat products such as white bread and sugary cereals with whole wheat bread, oatmeal and brown rice.

7. **Take small steps at first**  
   Including more whole grains in your diet can be easy if you make simple changes. Try whole wheat spaghetti next time.

8. **Fiber, Fiber, Fiber**  
   Whole grain products are generally high in fiber, which is an essential part of a healthy diet. Choose foods containing 10 to 19 percent of the Daily Value for fiber.

9. **Try a new recipe**  
   For dinner try stuffing green peppers with brown rice or use rolled oats as a breading for baked chicken or fish. These are both easy ways to begin including more whole grains into your diet.

10. **Be a role model**  
    To generate excitement about whole grains in your household, invite your child to select a different whole grain to try with your next meal.

Adapted from www.choosemyplate.gov