

Whole Grains: How Much Is Enough Each Day?

Q: How many whole grains should my family eat every day?

A: In general, most adults need to eat about 6 to 8 ounces of grains daily. Examples of grains include bread, cereal, pasta, rice, and tortillas. Preschoolers* need less – about 4 to 5 ounces. A good rule of thumb is that at least half of these grains should be whole grains. That’s about 3 ounces of whole grains for adults each day, and 2 ounces of whole grains for preschoolers.

*For preschoolers that are moderately active.

Q: How can I tell if a grain is a whole grain?

A: Choose foods that name one of the following whole-grain ingredients first on the label’s ingredient list:



Try it out!

Which of the following foods is a whole grain? Circle your answer.

(A) Bread

Ingredients: whole-wheat flour, malted barley flour, niacin, iron, riboflavin, folic acid

(B) Tortilla

Ingredients: wheat flour, soybean oil, salt, corn, starch, wheat starch

(C) Roll

Ingredients: unbleached enriched wheat flour, sugar, salt, soybean oil, and yellow corn meal

Answer Key: A is a whole-grain because it has whole-wheat flour as the first grain ingredient. Whole-wheat is a whole grain.

