

**How much of different kinds of grain products or starchy foods should I eat each day?  
What's a nutritional serving?**

**A SERVING OF 100% WHOLE GRAIN FOODS**

The Dietary Guidelines for Americans recommend choosing whole grains. Here are some examples of a serving of whole grain:

- 1/2 cup cooked brown rice or other cooked grain
- 1/2 cup cooked 100% whole-grain pasta
- 1/2 cup cooked hot cereal, such as oatmeal
- 1 ounce uncooked whole grain pasta, brown rice or other grain
- 1 slice 100% whole grain bread
- 1 very small (1 oz.) 100% whole grain muffin
- 1 cup 100% whole grain ready-to-eat cereal

(The US Dietary Guidelines don't actually use the word "serving." They call the amounts above "ounce-equivalents." )

**The following amounts equate to one serving of starches and grains (whole or refined):**

- |                          |                                  |
|--------------------------|----------------------------------|
| 1/2 bagel                | 1/2 cup pasta                    |
| 1 slice of bread         | 1/2 cup peas                     |
| 1/2 cup bran cereal      | 1/2 of a 6 inch pita bread       |
| 1 1/2 cup puffed cereal  | 1/8 of large pizza crust         |
| 1/2 cup hot cereal       | 5 cups popcorn                   |
| 1/2 cup corn             | 1 small potato                   |
| 1/3 cup couscous         | 12 mini pretzels                 |
| 1 cup croutons           | 1/2 cup <u>cooked</u> white rice |
| 1/2 English muffin       | 1 small dinner roll              |
| 1/2 hamburger roll       | 2 pieces taco shell              |
| whole hot dog roll       | 1 waffle                         |
| 1 packet oatmeal         | 1/2 cup yams                     |
| 1/2 cup homemade oatmeal | 5 crackers                       |

The average person needs about 6 servings of starches and grains per day; however, teen boys and active men might need up to 11 servings a day, depending on individual calorie needs.

	<b>Distribute 6 servings of grain/starch foods throughout these meals and snacks. List the grain/starch and the amount that is a suggested serving.</b>
<b>BREAKFAST</b>	
<b>A.M. SNACK</b>	
<b>LUNCH</b>	
<b>P.M. SNACK</b>	
<b>DINNER</b>	