

Enrich Your Heart Health With Whole Grains

One in four American deaths is caused by cardiovascular disease, according to the Centers for Disease Control and Prevention. Additionally, a majority of Americans do not consume enough fiber, a nutrient that has been linked to supporting heart health. Did you know that whole grain foods can help keep your heart healthy and contribute to daily fiber needs? Read on to learn more about how eating more whole grains can improve your heart health.

Learn more about the benefits of grains for a healthy heart:

WHOLE GRAIN FOODS:



Bread



Buns



Tortillas



Pasta



Brown Rice

WHITE WHOLE WHEAT PRODUCTS ARE GOOD TOO!

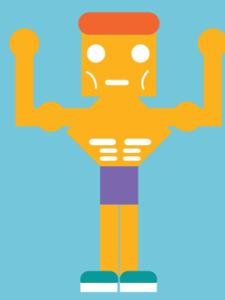


600,000

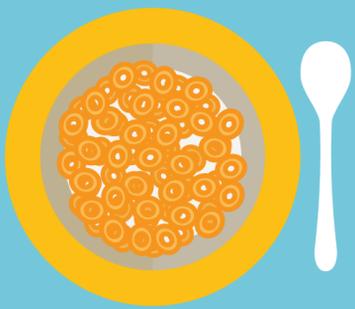
people die from cardiovascular disease in the US every year.



Compared to fiber from fruits and vegetables, fiber from cereal grains may be uniquely beneficial for heart health.



It's not just heart-healthy – adding whole grains into a diet has been found to help people maintain healthier body weight and lower the amount of dangerous abdominal fat.

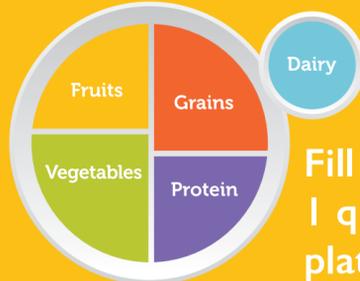


Whole grains are also an important source of fiber, and 90 percent of Americans fall short in meeting recommendations for dietary fiber intake. Eating a bowl of fiber-filled cereal or slice of wheat bread is an excellent way to incorporate both whole grains and fiber into a daily diet.

ADD WHOLE GRAINS TO YOUR DIET



At least half of all grains that appear on your plate should be whole grains.



Fill approximately 1 quarter of the plate with grains.

Find delicious and heart-healthy whole grain recipes at www.grainfoodsfoundation.org, as well as tips and articles about maintaining a healthy heart.

WHAT MAKES A SERVING OF WHOLE GRAINS?



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 cup

100% whole grain ready-to-eat cereal



1/4 cup

uncooked whole grain pasta, brown rice or other grain



1 slice

100% whole grain bread



1 very small

1 oz. (tennis ball size) 100% whole grain muffin

