

Eat more whole grains, less added sugar for good health

Did you know that eating a diet rich in **whole grains** can lower your risk for heart disease, cancer, diabetes? Whole grains contain fiber, vitamin E, and healthy fats that help to keep your blood sugar steady, your arteries clear, and your stools soft and regular. These nutrients are not contained in refined "white" flour or sugar. Whenever possible, substitute whole grain products for refined ones. Avoid the "empty calories" of added sugars. They offer no nutritional benefit other than energy.



Which grain foods are good choices?

Read the nutrition label—Choose breads and cereals that have at least 3 grams of fiber per serving and no more than 5 grams of sugar per serving.

Read the ingredient list—Choose breads and cereals that list a whole grain as the first ingredient. Examples are whole wheat, barley, oats, rye, and millet.

Eat more whole grains

Whole grain breads and tortillas
Whole grain breakfast cereals
Whole wheat pasta
Brown rice, bulgur, barley
Dried and fresh fruits, vegetables

Eat less refined flour and sugar

White flour breads and tortillas
Sweetened and "instant" cereals
Plain pasta
White rice, potatoes, "instant" grains
Cookies, cakes, candies, fruit leathers

Added sugars in drinks: a special concern for kids

Soda, fruit drinks, sports drinks. Kids are drinking more of these and less of the milk they need. High-sugar drinks add calories, and can lead to overweight and dental cavities. Try these simple ways to minimize the sugar that your kids get from drinks.

- **Limit soda** and other sugary drinks to two 8-ounce servings a week. No soda in the house, and no "super-sizing it" when out at a restaurant.
- **Serve water**, low fat or skim milk or 4-6 oz. of 100% juice (about the size of a juice box) during meal and snack times.
- **Read nutrition labels** to avoid added sugars. Sugar comes in different forms. Choose drinks without sucrose, fructose, sucrose, corn syrup, or rice syrup listed as the first ingredients.

For more information:

- Check out www.hsph.harvard.edu/nutritionsource/carbohydrates.html