

# GRAINS

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## WHAT IS THE RECOMMENDED NUMBER OF SERVES I SHOULD EAT PER DAY?

It is recommended **men** consume **6 serves** of grains per day



It is recommended **women** consume between **4-6 serves** of grains per day



## TIPS FOR CHOOSING WHOLE GRAIN PRODUCTS:

Look for words like '**whole grain**' or '**whole meal**' on the product label

Generally food that is **brown** is a healthier option compared to white refined products. Examples include brown bread and rolls, brown rice and brown pasta

## WHAT IS CONSIDERED A 'SERVE' OF GRAINS?

Standard Serve = 500kj

1 slice (40g) of bread

1/2 medium (40g) roll or flat bread

1/2 cup (75-120g) cooked rice, pasta, noodles, barley, quinoa

1/2 cup (120g) cooked porridge

2/3 cup (30g) wheat cereal flakes

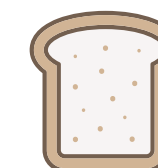
1/4 cup (30g) muesli

1 (60g) crumpet

1 small (35g) english muffin or scone

## TRY TO SWAP OUT REFINED GRAINS FOR UNREFINED WHOLE GRAINS:

### REFINED:



White Bread



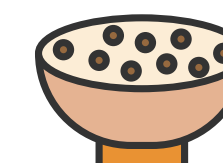
White flour



White rice

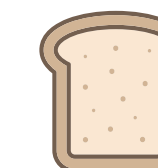


Refined pasta



Quick oats

### UNREFINED:



Brown whole grain bread



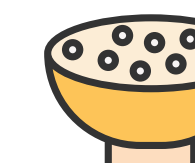
Brown/whole meal flour



Brown rice



Unrefined brown pasta



Rolled oats