

Get to know

THE GOOD IN GRAINS

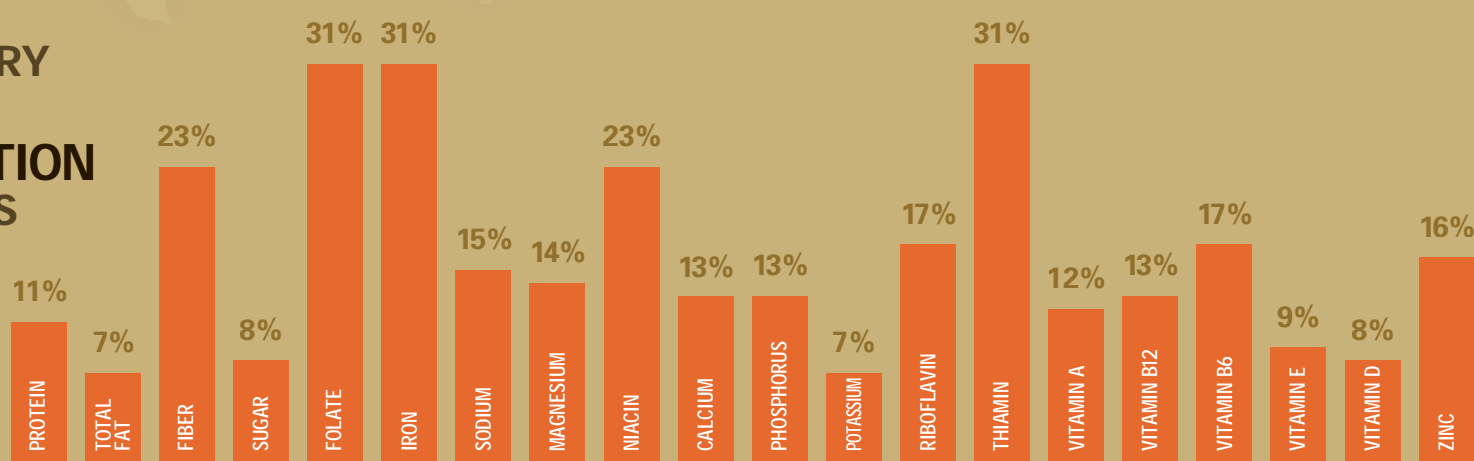


Grains provide overall positive nutrient benefits, shattering the claim that grains are empty calories.

AMERICANS AGES 2 YEARS AND OLDER
CONSUME
2,110 CALORIES
 ON AVERAGE PER DAY

GRAINS
 ACCOUNT FOR
15
 PERCENT
 OF THESE
 CALORIES

DAILY DIETARY NUTRIENT CONTRIBUTION FROM GRAINS



Grain foods account for just **20%** of total carbohydrates in the American Diet

- Rolls and buns **3%**
- Crackers **1%**
- Bagels and English muffins **1%**
- Savory snacks **3%**
- Ready-to-eat cereals **4%**
- Sweet bakery products **7%**
- Cooked cereals (like oatmeal) **1%**
- Tortillas **1%**

GRAINS ARE THE LARGEST SOURCE OF FIBER IN THE DIET OF MOST AMERICANS

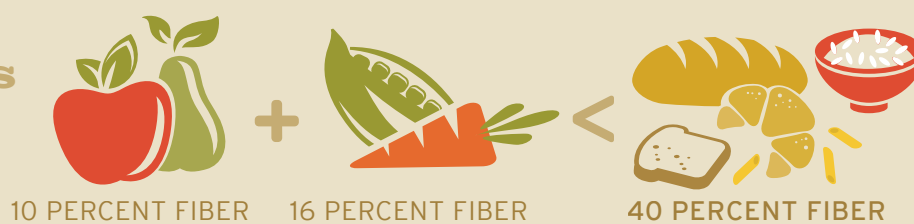


SOURCE: U.S. Dietary Guidelines Scientific Report 2015, <http://www.health.gov/dietaryguidelines/2015-scientific-report/06-chapter-1/d1-11.asp#figure-d1-2>

RECOMMENDED DAILY FIBER INTAKE: **38 GRAMS** **25 GRAMS**

SOURCE: Institute of Medicine

Grains and grain-based foods provide **more fiber** than fruits or vegetables!



Percentage of daily fiber contributed by grains:



SOURCE:CentersforDiseaseControlandPrevention(CDC).NationalCenterfor HealthStatistics(NCHS).NationalHealthandNutritionExaminationSurveyData (NHANES).Hyattsville,MD:U.S.DepartmentofHealthandHumanServices,Centers for Disease Control and Prevention, 2009-2012.

FOR MORE INFO, VISIT WWW.GRAINFOODSFUNDATION.ORG.