

## September Goals to Healthy Eating

Eating healthy is easier than you might think. By making small changes like these over time, and taking them one at a time, not trying to rush into all of them at once, the changes are more likely to stick.

### Goal 2: Eat More Whole-Grain Foods

Wheat, oats and rice are examples of grains. Some foods made from these grains use only the inside of the grain. Whole-grain foods include the outside – the entire grain.

#### What Makes Whole Grains So Great?

Whole-grain foods are healthy because they contain fiber. A diet high in fiber can help reduce the risk of heart disease and diabetes. Fiber causes food to stay in your stomach longer, so you feel full and your blood sugar doesn't go up as quickly after you eat. Whole grains, such as whole-wheat flour and brown rice, also have more fiber than refined white flour and white rice.

Whole grains and other high-fiber foods help your health in many ways, including:

Helping to control blood sugar and blood cholesterol

Making you feel full, so you eat less

Preventing constipation, or hard bowel movements

Instead of ...	Try ...
white or "wheat" bread	"whole-wheat" bread or rye bread
white rice	brown rice or wild rice
regular pasta	whole-wheat or whole-grain pasta
corn flakes	bran flakes or other bran cereal
crispy rice cereals	whole-grain cereals
cream of wheat	old-fashioned or quick oatmeal
flour tortillas	Whole-grain or corn tortillas (made without lard)

From the American Heart Association Nutrition Center

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Eat-3-or-More-Whole-Grain-Foods-Every-Day\\_UCM\\_320264\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Eat-3-or-More-Whole-Grain-Foods-Every-Day_UCM_320264_Article.jsp)