



Family Nutrition Education Programs

Nutrition and Lifeskills for Missouri Families

Reference Sheet

MyPyramid – Grains

MyPyramid-Grains

Human Environmental Sciences Extension

<http://muextension.missouri.edu/hes/fn/pyramid/grains.htm>

(Accessed: 9/5/06)

MyPyramid.gov

INSIDE THE PYRAMID – GRAINS

- What foods are in the grain group?
<http://www.mypyramid.gov/pyramid/grains.html>
- How many grain foods are needed daily?
http://www.mypyramid.gov/pyramid/grains_amount.aspx
- What counts as an ounce equivalent of grains?
http://www.mypyramid.gov/pyramid/grains_counts.html
- Why is it important to eat grains, especially whole grains?
http://www.mypyramid.gov/pyramid/grains_why.html
- Tips to help you eat whole grains
http://www.mypyramid.gov/pyramid/grains_tips.html

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