

What is a **SERVE** of grains?

The grains food group includes breads, cereals, grains such as rice and quinoa, and other grain products such as pasta, noodles and crackers. To ensure you are getting the health benefits from consuming these foods, it is best to choose the wholegrain option.

Whole grain breads and cereals are made up of all three grain layers (bran, germ and endosperm) and provide our bodies with:

- ✓ fibre, to prevent constipation and keep us full
- ✓ carbohydrate, to give our bodies energy
- ✓ B group vitamins such as thiamin

Refined grain products have had the bran and germ layers removed. They are often used by food manufacturers to make processed foods such as sugary cereals, cakes and biscuits. These foods are low in fibre, vitamins and minerals. Therefore they are regarded as discretionary foods and are not included in the grains category.

A serve of the grains group equates to:



GRAINS – Recommended Daily Serving								
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years	19-50 years	51-70 years	70+ years
Male	4	4	5	6	7	6	6	4 1/2
Female	4	4	4	5	7	6	4	3