

USDA Foods Fit Grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product.



The amount of grains you need to eat depends on your age, sex, height, weight, and level of physical activity. For women, the amount can also depend on whether you are pregnant or breastfeeding. Most Americans eat enough total grain foods, but few eat enough whole grains. **At least half of the grains you eat should be whole grains.**

**Make half of
your grains
whole grains.**

Health Benefits

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

- Whole grains may reduce the risk of heart disease.
- Whole grain foods that contain fiber can support healthy digestion.
- Whole grains may help with weight management.
- Eating grain products fortified with folate helps prevent neural tube defects when consumed before and during pregnancy.



Source: [MyPlate.gov/eat-healthy/grains](https://www.MyPlate.gov/eat-healthy/grains)

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Commodity Supplemental Food Program

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Quick and Easy Recipes

Creamy Wheat Farina

Makes 4 servings

Ingredients

- 4 cups Water
- ½ teaspoon Salt
- 1 cup Farina

Instructions for Stovetop:

- Bring water and salt to a boil. Slowly whisk in cereal, reduce heat to medium-low and cook, whisking frequently, for 3 minutes. Remove from heat and let stand 2 minutes.

Instructions for Slow Cooker:

- Combine water, salt, and cereal in a slow cooker. Stir well. Cover and cook on low for 3-4 hours or high for 1 ½ - 2 hours. Stir well and serve.

Instructions for Microwave (Single Serving)

- Combine ¼ cup cereal, 1 cup water and a pinch of salt in a microwave safe bowl. Stir well. Microwave on high for 30 second intervals, stirring frequently. Let stand for 2 minutes.



Customize the recipe to your tastes. Try different textures:

- Thicker texture add less water
- Thinner texture, add more water
- Creamier texture, add milk

Top with:

- Cinnamon
- Nutmeg
- Brown Sugar
- Nuts
- Honey
- Fruits (fresh, canned, or dried)



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