



Grain Group

5 Servings a day (5oz)

Goal: 2-3 of the servings from the Whole Grains each day

Refined Grains	Whole Grains
White Rice	Brown Rice
White Bread	Whole Grain Bread
Pasta	Whole Wheat Pasta
Cereal	Granola
Waffle/Pancake	Oatmeal
Corn Bread	Popcorn
Crackers	Whole Wheat crackers

Day	Mon	Tues	Wed	Thur	Fri	Sat	Sun
List the Grains you eat each day							
Circle the Whole Grains							
Total #							