

Grains & Starches

Grains & starches include foods made from grains, such as wheat, oats, rice, and quinoa. It also includes starchy vegetables and legumes. These foods provide a healthy source of energy for your body. They contain vitamins, minerals, dietary fiber, and phytochemicals. Some are also good sources of protein. Starchy vegetables like potatoes, peas, and legumes are also included in this group.



1 ounce of grains & starches counts as:

- 1 slice of bread
- 1 ounce ready-to-eat cereal (about 1 cup cereal flakes)
- ½ cup cooked rice, pasta, or cereal
- 1 tortilla (6-inch diameter)
- 1 pancake (5-inch diameter)
- 3 cups cooked popcorn
- 1 cup cooked corn
- 1 small potato (2-3 inches in diameter)
- 1 cup mashed or sweet potatoes
- 1 cup cooked peas
- ¼ cup cooked beans or lentils

Eat foods rich in whole grains & fiber

Choose whole grains or grains with more fiber more often. Try to make at least half of your grain choices whole grains. Look for “whole grain” on the ingredients label. It should be the first ingredient for bread, cereal, or pasta. Here are some examples of whole grains:

- Whole wheat, rye, or oats
- Millet
- Whole grain barley, flour, or cornmeal
- Oatmeal
- Bulgur
- Quinoa
- Buckwheat
- Brown rice



In addition to whole grains, fiber is found in fruits, vegetables, seeds, nuts, and legumes.

