



Ways to Get More Grains

- When making bread, muffins, biscuits, pancakes or waffles, try using some whole-wheat flour instead of all white flour.
- Use whole grain breads, bagels, tortillas, and pita bread for making sandwiches.
- Instead of eating chips or pretzels, try snacking on low-fat popcorn, low-fat granola, or crackers and rice cakes made of whole oats, brown rice, or whole grain cereals.
- When making corn bread, try using stone ground whole corn meal.

For more information call Toll Free
1-866-369-9333
Office of Public Health Nutrition



South Carolina Department of Health
and Environmental Control

www.scdhec.gov

This material was funded by USDA's Supplemental Nutrition Assistance Program.

This institution is an equal opportunity provider and employer.