**Quiz**

1. Which of the following foods are NOT examples of whole grains?
   1. white rice
   2. brown rice
   3. oatmeal
   4. whole wheat

Answer: A. White rice. White rice has been refined to remove the outer hull and the nutritious bran. Brown rice, oatmeal, and whole wheat are all whole grains. They have not undergone the refining process that removes the healthy outer part of the grain.

1. How do you know if what you’re eating is made with whole grains?
   1. The product’s name includes the words “whole grain”
   2. The first ingredient listed on the food label has the word “whole-grain” or “whole” next to the grain’s name
   3. The food is brown
   4. You bought it at a natural food store

Answer: B. The first ingredient listed on the food label has the word “whole-grain” or "whole" next to the grain’s name. For example, bread made with whole-grain wheat will have “whole grain wheat” or "whole wheat" as the first ingredient on the food label. Words on the front of a food package are used by the manufacturer to capture your attention, and don’t necessarily indicate the type of grains used. And even though brown rice is a whole grain and white rice is a refined grain, going by the color of the food isn’t a reliable tool. Stick to the ingredients list and you’ll find the whole grains you need.

1. Grains are a good source of \_\_\_\_\_ that helps you to stay full longer and contributes to a healthy gut.
   1. sugar
   2. calories
   3. fiber
   4. rainbows and unicorns

Answer: C. Fiber. Grains, especially whole-grains, are great sources of fiber. Foods high in fiber can help you fill up and stay full longer. Fiber is also important for overall gut health. Some types of grains can be high in calories and sugar, but neither of these things helps you stay full and contribute to gut health. Rainbows and unicorns are just for happiness, not gut health.

1. Which of the following equals one serving of grains?
   1. 1 slice of sandwich bread
   2. 1 cup of cereal
   3. ½ cup cooked rice
   4. d. All of the above

Answer: D. All of the above. One serving of grains can come from different amounts of food. If you learn the different amounts listed in today’s article, you’ll get the hang of it. If you need a refresher on what ½ a cup looks like compared to 1 cup, go back and redo the play with your food challenge.