

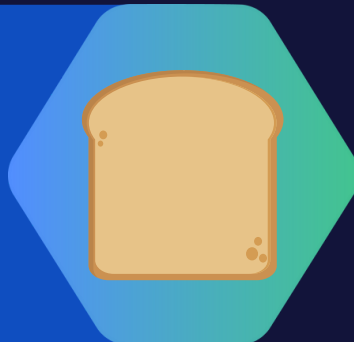
Simplifying Serving Sizes for Whole Grain Goals

The Dietary Guidelines for Americans recommends adults consume at least six one-ounce equivalents of grains per day,* with at least half being from whole grains.¹ However, only 2% of the population meets these recommendations.¹ Part of this shortage might be related to confusion of what exactly an “ounce equivalent” means. This guide serves to provide some examples of types and amounts of common whole grain foods to make it easier for your clients to meet their recommended intake.

Easy examples of **1 ounce equivalents** of whole grains²

1 medium slice
whole grain bread,
tortilla, or flatbread

Tip: Top with no added sugar
nut butter (protein) or fruit jam
(fiber + micronutrients)



½ cup cooked whole
grain rice or pasta

Tip: Be creative with sauces &
toppings, using more vegetables
vs. higher fat cream / meat



3 cups popcorn
(popped)

Tip: Lower sodium with a no
added salt option & season with
spices like cinnamon or paprika



1 cup ready-to-eat
whole grain cereal

Tip: Use lower fat (1% or skim)
milk to also help reduce fat intake



5 wheat or whole
grain crackers

Tip: Top with low-fat cheese or
spreads for extra dairy & protein



½ cup cooked
oatmeal

Tip: Top with fruit for sweetness,
fiber, & micronutrients or nuts /
seeds for protein + crunch



* Daily recommendations for total and whole grain intakes differ based on gender, age, and level of physical activity and can be found at MyPlate.gov

References:

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. DietaryGuidelines.gov
2. Department of Agriculture (USDA). Grains. MyPlate. Accessed Nov 25, 2024. <https://www.myplate.gov/eat-healthy/grains>

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