

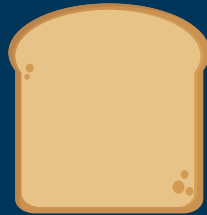
SIMPLIFYING SERVING SIZES FOR WHOLE GRAIN GOALS

While current dietary recommendations suggest eating 2-4 servings* of whole grains per day, only 15% of the population actually eats this amount.^{1,2} Part of this shortage might be related to confusion on what counts as a serving, which was formerly referred to as an “ounce-equivalent”. This guide provides examples of types and serving amounts of common whole grain foods to make it easier to identify sources and better meet recommendations.

EASY EXAMPLES OF 1 SERVING OF WHOLE GRAINS¹

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 by seasoning with spices like cinnamon or paprika instead of salt



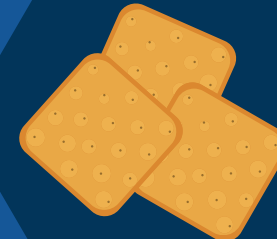
1 cup ready-to-eat whole grain cereal

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 calorie level, gender, age, and level of physical activity

References:

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2025-2030. RealFood.gov
2. Rehm, C. D., et al. (2019). Dietary intake among U.S. adults, 1999-2012 (NCHS Data Brief No. 341). National Center for Health Statistics. <https://www.cdc.gov/nchs/products/databriefs/db341.htm>

Updated August 2026