

Whole Grain Resources



Oregon State University
Moore Family Center

Whole Grains Council website – basic info, recipes, and info about the whole grains stamp:
<https://wholegrainscouncil.org>

Oldways website with recipes, traditional foods, health studies, and more:
<https://oldwayspt.org>

Food Hero whole grain info, kids activities, posters, recipes (and more jokes ☺):
<https://foodhero.org/whole-grains>

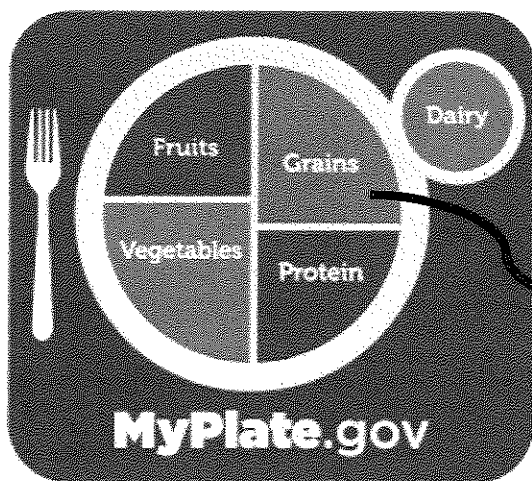
Moore Family Center whole grain basics videos on the MFC YouTube video channel, includes multiple cooking methods & time-saving tips (in English & Spanish):

→ Direct Link to our channel: <https://www.youtube.com/@moorefamilycentercphhs-osu2986/videos>

→ Or go to the MFC website and click our YouTube icon to get to our channel:
<https://health.oregonstate.edu/moore-center>

Moore Family Center recipes: <https://health.oregonstate.edu/moore-center/recipes>

MyPlate.gov information about making half your grains whole, including a recipe for making a Multigrain Bowl: <https://www.myplate.gov/tip-sheet/make-half-your-grains-whole-grains>



Goal: Make at least half your grains whole!