



Sources of Nutrients Key Messaging

- Grains provide overall positive nutrient benefits — shattering the claim that grains are “empty calories.”
 - Grain foods are a nutrient-rich food category supplying many nutrients of concern as identified by the Dietary Guidelines — including vitamin E, folate, calcium, magnesium, fiber and potassium.
 - Grain foods are nutrient-dense foods and provide a larger percentage of daily nutrient intake, including folate, fiber, magnesium, calcium and iron.
 - Grain foods provide:
 - 31 percent folate
 - 23 percent fiber
 - 14 percent magnesium
 - 13 percent calcium
 - 31 percent iron
- Grain foods are on par with nutrient-dense foods like milk and dairy foods. Grain foods provide similar amounts of protein to milk and dairy foods (12 percent versus 13 percent); 13 percent calcium (compared to 30 percent milk and dairy); and similar amounts of riboflavin (one of the many B vitamins) at 17 percent for grain foods and 18 percent for milk and dairy.
- Grains are the largest source of fiber in the diet of most Americans. Unfortunately, 95 percent of Americans do not meet the recommendations for fiber intake.¹
 - Recommended fiber intakes are 25 grams for women and 38 grams for men.² (Source: Institute of Medicine)
 - Americans on average consume 17 grams of fiber a day — that’s 32 percent less for women and 55 percent less for men than the recommended amounts.
 - Grain foods provide nearly the same amount of fiber (23 percent) when compared to fruits (10 percent fiber) and vegetables (16 percent fiber) combined (26 percent total).
 - Grain foods provide a total of 23 percent of fiber or 4 grams of fiber to the diets of Americans (ages 2 years and older).
- Americans (ages 2 years and older) consume on average 2,110 calories per day.
 - Grain foods account for a total of 15 percent of calories and 20 percent of carbohydrates in an American’s diet.
- Yeast breads provide 14 grams of carbohydrates. This is equivalent to approximately one slice of bread (note: on average, a slice of bread has 12 grams of carbohydrates) or 5 percent of total carbohydrates in the American diet.

¹ U.S. Dietary Guidelines Scientific Report 2015, <http://www.health.gov/dietaryguidelines/2015-scientific-report/06-chapter-1/d1-11.asp#figure-d1-2>

² Institute of Medicine, <http://iom.nationalacademies.org/Activities/Nutrition/SummaryDRIs/DRI-Tables.aspx>



- Stop feeling guilty about your food choices! Pizza provides only 4 percent of total calories, 3 percent of total carbs, 4 percent of total fiber, 5 percent of sodium. Keep portions in check, go easy on the toppings (cheese, meats) and load up on veggies for balance.
- Keep the buns! Your burger buns! Buns and rolls provide less than 3 percent of carbohydrates in the diet and 2 percent of total fiber. Bump up your fiber by eating a whole-grain bun or roll and include fiber-rich vegetables to reach your fiber goals.
- Did you know that sandwiches like chicken/turkey and egg/breakfast sandwiches provide less than 1 percent of carbohydrates in the diet? It's what's between the slices that count.
- Continue enjoying your avocado toasts. Yeast breads provide 4 percent of total calories in the diet, 6 percent of carbohydrates, 8 percent of fiber, less than 2 percent of sugar, 8 percent of folate, 7 percent of iron, 6 percent of niacin, and 5 percent of sodium in the diet.
- Enjoy your breads, rolls and tortillas. They only provide 7 percent of total calories and 11 percent of total carbohydrates.
 - In addition, breads, rolls and tortillas help fill in the much-needed nutrient gaps:
 - vitamin E, 3 percent contribution
 - folate, 14 percent contribution
 - calcium, 8 percent contribution
 - magnesium, 7 percent contribution
 - fiber , 13 percent contribution
 - potassium, 3 percent contribution
- Go ahead, enjoy that pasta — it provides less than 1 percent of calories AND carbohydrates in the diet.
- Ready-to-eat cereals provide only 3 percent of total sugars in the American diet along with 5 percent fiber and 11 percent of folate, a much-needed nutrient for kids and women of child-bearing years.

NOTE: unless otherwise noted, all the data for this infographic should be cited at the bottom with this reference: *Centers for Disease Control and Prevention (CDC). National Center for Health Statistics (NCHS). National Health and Nutrition Examination Survey Data (NHANES). Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2009–2012.*