Most adults should eat 6 ounces of grains each day and aim to make 3 ounces of those whole grains. This handout shows the amount of some foods that counts as 1 ounce of grains.

1 small 6” tortilla

1/2 cup of cooked cereal, such as oatmeal

1/2 cup of cooked pasta or rice

1 cup of dry cereal

1 slice of bread

3 cups of popped popcorn

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.