



## Whole Grains in the Diet



MyPyramid recommends that at least half of your servings from the grain group be whole grains. For most adults that would be 3 servings a day. On the average adults eat less than one serving a day of whole grains and 40 percent of adults get no whole grains.


Many people are unaware of the many health benefits of whole grains. Results of five new studies on whole grains have recently been reported. These studies confirmed and expanded on what we have known about the benefits of whole grains.


Eating whole grains has been found to reduce the risk heart disease, stroke and may protect against type 2 diabetes.


### Look for Whole Grains

Look for the words “whole grain” among the first ingredients listed on the food label. Brown wheat bread isn’t necessarily whole grain, unless the label says “whole wheat” or “whole grain”.

For a product to be labeled whole grain it must contain the whole grain including the:

 Endosperm, the largest part of the kernel where starch is stored and where the largest amount of flour comes from.

 Bran the fiber-rich outer layer of the kernel which also contains protein and B-complex vitamins.

 Germ the nutrient-rich embryo that contains vitamin E and trace minerals in addition to B-complex vitamins.

### Easy Ways to Get More Whole Grains

- Eat whole wheat bread rather than white refined bread
- For breakfast enjoy cooked oatmeal or whole grain ready to eat cereal
- Eat brown rice rather than white rice
- Make macaroni and cheese with whole wheat pasta
- Use whole grains in dishes, such as barley in vegetable soup or stew and bulgar wheat in casseroles
- Look for whole grain snack chips like baked tortilla chips
- Popcorn is a good whole grain snack especially with little added salt and butter

Substitute up to half of the flour with whole wheat flour when making pancakes, muffins, cookies or quick breads.

Whole Grain Word Find

F	C	M	H	C	A	J	B	A	P	D	S	D	R	S
S	S	W	H	F	R	O	Q	M	B	E	V	Q	Q	I
E	A	X	H	J	A	G	B	A	I	B	L	Q	Q	J
Q	L	F	Q	O	G	C	B	R	L	U	U	Q	Y	W
M	F	K	Z	Q	L	E	R	A	H	C	F	O	R	D
W	Z	O	Q	L	U	E	O	N	N	K	Z	X	C	Z
G	P	A	M	Y	B	I	W	T	Q	W	I	V	B	E
N	N	T	D	T	P	N	N	H	F	H	W	K	V	L
I	Y	M	A	Q	T	F	R	O	E	E	X	O	S	W
M	V	E	R	E	F	E	I	O	A	A	A	D	V	G
B	H	A	L	Y	A	X	C	A	C	T	T	S	W	G
W	I	L	D	R	I	C	E	J	Z	P	U	X	N	N
P	I	G	Z	G	A	N	N	A	S	S	O	P	M	X
M	F	F	I	V	P	B	I	D	P	R	S	P	M	K
S	X	I	R	N	H	E	K	C	M	Y	M	V	I	N

amaranth	corn	rye
barley	millet	wheat berries
brown rice	oatmeal	whole wheat
buckwheat	popcorn	wild rice
bulgar	quinoa	

### Apple Blueberry Crisp

4 apples (McIntosh and Cortland are good for cooking)

2 cups fresh or frozen blueberries

1/3 cup whole wheat flour

1 cup regular rolled oats

1 teaspoon cinnamon

1/2 cup brown sugar

4 Tablespoons vegetable oil

Spray an 8 X 8 inch or 9 X 9 inch dish with cooking spray.

Wash, core and chop apples. No need to peel them. Put in cooking dish with blueberries.

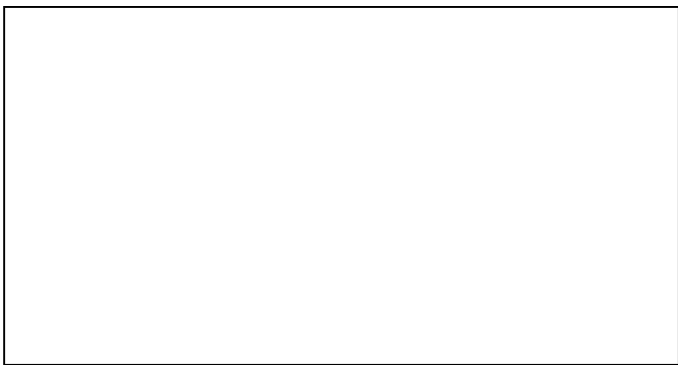
In a small bowl, mix flour, oats, sugar and oil until crumbly. Spread evenly over fruit.

Bake at 350°F for about 40 minutes or until bubbly.

You can use about 5 cups of any fruit or combination of fruits you like.

Serves 9.

Nutrition information per serving: 210 calories, 7 g fat, 0 mg cholesterol, 5 mg sodium, 35 g carbohydrate, 4 g fiber, 3 g protein.



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