

# Cooking With Whole Grains



Make at least half your grains whole grain. Experts recommend eating six servings of grains per day, at least three of which are whole grain.

## DID YOU KNOW?

Without the bran and germ, about 25% of a grain's protein is lost along with a decrease in nutrients.

### BROWN RICE

Benefits	Cooking Tips
<ul style="list-style-type: none"> <li>• Brown rice may lower risk for diabetes</li> <li>• Supports weight control</li> <li>• May lower cholesterol</li> </ul>	<p>Rice is a versatile grain. It can be added to soups, paired with veggies in rice bowls, made into rice cakes, and shaped into veggie burgers.</p>

### QUINOA

Benefits	Cooking Tips
<ul style="list-style-type: none"> <li>• High in antioxidants</li> <li>• A complete protein, offering nine essential amino acids</li> <li>• Low glycemic index, which is good for blood sugar</li> </ul>	<p>This ancient grain has a shorter cook time than other whole grains, it can be ready in as little as 15 minutes. Quinoa can be prepared in a number of ways: add it to soups or salads, shape it into burger patties, or stuff it into peppers.</p>

### BARLEY

Benefits	Cooking Tips
<ul style="list-style-type: none"> <li>• Reduces risk of coronary heart disease</li> <li>• Shown to reduce LDL cholesterol</li> <li>• Research is being conducted on its ability to help blood sugar control</li> </ul>	<p>Barley has the highest fiber content of all grains. Look for the hulled form instead of pearled for the most nutrients. When cooking, use barley in soups, as a side dish, or even in baking as barley flour.</p>

### OATS

Benefits	Cooking Tips
<ul style="list-style-type: none"> <li>• Helps with lowering cholesterol</li> <li>• Can improve blood sugar control</li> <li>• Rich in antioxidants</li> </ul>	<p>Different forms of oats (steel cut, rolled, quick) are processed differently but still maintain a similar nutrient composition. After cooking oats, flavor with nut butters, fruit, or natural sweeteners like maple syrup or honey. Also, oats can be incorporated into bread, granola, muffins, and bars.</p>

Resources: USDA Food Database, Whole Grain Council and Dietary Guidelines for Americans

# Whole Grain Guide

Recommendations for Grains



**Adult males over 50 years of age:**  
30 grams daily  
**Adult males under 50 years of age:**  
38 grams daily



**Adult females over 50 years of age:**  
21 grams daily  
**Adult females under 50 years of age:**  
25 grams daily

## Two Types of Fiber

- **SOLUBLE FIBER** – Mixes with water to form a gummy substance that sticks to cholesterol and helps it to not stay in your body. This helps to lower blood cholesterol levels. It also slows down how fast sugar gets into your blood; this helps with diabetes control. (Examples: oats and barley)
- **INSOLUBLE FIBER** – This absorbs water. This fiber makes stools larger, softer, and easier to get rid of. It keeps the digestive system running smoothly. It reduces constipation and hemorrhoids. It can keep you from getting certain kinds of cancer. (Examples: brown rice and quinoa)

## How to Boost Fiber Intake

Replace white bread with whole wheat bread. Many types of bread are packed with fiber. Look for the words “whole wheat” at the top of the ingredient list. Read the label carefully – just because the bread claims to be “whole grain” or “wheat” doesn’t mean it has a large dose of fiber. Look for at least 2-3 grams per slice.

Leave the sugary cereals on the shelves. Whole grain cereals and bran flakes are usually packed with fiber – about 5 grams in one  $\frac{3}{4}$  cup serving. Fiber One by General Mills is a great choice, packing 14 grams in each serving. If you are having a hard time swallowing these healthier cereals – try adding a little sweetness with fresh fruit, vanilla soy or almond milk, a little bit of honey, or a sugar-free sweetener.

**BEANS!** Beans are a healthy choice. They usually have 6 to 7 grams of fiber per  $\frac{1}{2}$  cup serving (cooked). Plus, you can add them to most meals. Try them heated up as a side, in soups like chili, added to salads. You can even have them as your main dish. Beans have a healthy mix of fiber, protein and good fat that keeps you feeling full.

Sweeten with fruit and add in vegetables. Fruits and vegetables are larger portions that are low in calories and high in fiber. For example – 1 cup of fresh red raspberries has 8 grams of fiber!

**Should I take a fiber supplement?** Only if you need to. These come as pills, biscuits, or drink mixes. Be careful – make sure you eat healthy food first.

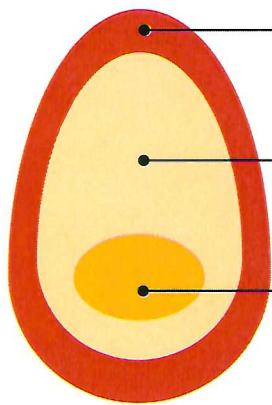


# Whole Grains 101

Whole grains are a healthy choice to include in meals. They are an excellent source of nutrition, providing protein, fiber, vitamins, minerals, and antioxidants. But, when grains are processed, they often lose valuable nutrients, such as protein, vitamins, and minerals. For the best nutrition, it is essential to understand the difference between a whole grain and a refined grain.

## WHAT MAKES A WHOLE GRAIN?

Whole grain kernels contain three edible parts, the bran, germ, and endosperm. When grains are milled, or refined, the bran and germ are removed, leaving only the endosperm.



→ **BRAN** - The hard, outer layer of the grain kernel that contains antioxidants, B vitamins, fiber and phytonutrients.

→ **ENDOSPERM** - The large, starchy, middle portion of the grain that contains carbohydrates, proteins, and small amounts of vitamins and minerals.

→ **GERM** - The nutrient-rich core layer of a grain that contains carbohydrates, protein, healthy fats, vitamins, minerals, and antioxidants.

## Grain Recommendations

**Make at least half your grains, whole grain. Experts recommend eating (6) 1-ounce equivalents of grain per day (1 piece of whole grain bread = 1-ounce equivalent)**

## IDENTIFYING WHOLE GRAINS ON FOOD LABELS

A whole grain stamp is a food labeling claim to help buyers quickly find products that contain at least half a serving of whole grains. There are three types of whole grain stamps:



### Whole Grain

A product must contain at least 8 grams of whole grain per serving. Some of the ingredients may be refined grains.



### 100% Whole Grain

All grains in the product are 100% whole grain with a minimum of 16 grams of whole grain per serving.



### 50%+ Whole Grain

At least one-half of ingredients are whole grain with a minimum of 8 grams of whole grain per serving.