

WHOLE GRAINS

FACTSHEET

Tips to help you eat whole grains

At Meals:

- To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to substitute the whole-grain product for the refined one, rather than adding the whole-grain product.
- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
- Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes.

They may need a bit more leavening.

- Use whole-grain bread or cracker crumbs in meatloaf.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.
- Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

As Snacks:

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

What to Look for on the Food Label:

- Choose foods that name one of the following whole-grain ingredients first on the label's ingredient list: "brown rice", "bulgur", "graham flour", "oatmeal", "whole-grain corn", "whole oats", "whole rye", "whole wheat" and "wild rice".

MyPyramid.com

http://www.mypyramid.gov/Challenge/downloads/Appendix5_TipsFromMyPyramidgov.pdf#xml=http://65.216.150.153/texis/search/pdfhi.txt?query=whole+grains&pr=MyPyramid&rdepth=0&sufs=2&order=r&cq=&id=4ace7dd919

Whole Grain Council

<http://www.wholegrainscouncil.org/whole-grains-101>

Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed. The following, when consumed in a form including the bran, germ and endosperm, are examples* of generally accepted whole grain foods and flours.

- Amaranth
- Barley
- Buckwheat
- Corn, including whole cornmeal and popcorn
- Millet
- Oats, including oatmeal
- Quinoa
- Rice, both brown rice and colored rice
- Rye
- Sorghum (also called milo)

- Teff
 - Triticale
 - Wheat, including varieties such as spelt, emmer, farro, einkorn, Kamut®, durum and forms such as bulgur, cracked wheat and wheat berries
 - Wild rice
- Oilseeds and legumes (such as flax, chia, sunflower seeds, soy, chickpeas, etc.) are not considered whole grains by the WGC, the AACC International, or the U.S. Food and Drug Administration (FDA).



Whole Grain Stamp- Search Tool

THE BASIC STAMP	THE 100% STAMP
Product may contain some extra bran, germ, or refined flour.	For products where ALL of the grain is whole grain.
Minimum requirement: 8g whole grain per serving. (one half serving of whole grain)	Minimum requirement: 16g whole grain per serving. (a full serving of whole grain)

General Mills

<http://www.eatbetteramerica.com/wholegrainnation/Benefits/ImportantNutrients.aspx>

Important Nutrients

Grains supply a multitude of important nutrients:

- **Carbohydrates** — these are the body’s main fuel. They give you energy to move and groove each day. In fact, the brain, heart and nervous system require a constant supply of carbohydrates to keep you breathing and thinking.
- **B vitamins** — like thiamin riboflavin and niacin, help your body use energy from the food you eat, in addition to supporting good nutrition.
- **Trace minerals** — including iron, zinc and copper, are also part of whole grain. They all have different functions that support a healthy body.
- In addition, all enriched grain products are fortified with folic acid — a beneficial nutrient in reducing the risk for some birth defects. Whole grains provide all the nutrients of refined grains PLUS more! Let’s take a look at the impressive list of additional nutrients found in whole grains and what they do for you.
- **Fiber** — It’s likely you’ve heard about this topic before — you know you need enough, but you might not know what the benefits are.
 - A low-fat diet high in soluble fiber can help reduce blood cholesterol levels and may reduce your risk for heart disease.
 - Fiber is also important for normal bowel function — it can help promote regularity. It can reduce constipation and may reduce the risk for diverticulosis.
 - In addition, fiber can help curb your hunger — this may be important for weight management.
- **Plant stanols and plant sterols** — are found naturally in many plant-based foods, like whole grains, vegetables, nuts, and seeds — they are a healthy addition to any heart-healthy eating plan.
- **Antioxidants** — are the vitamins and other substances that protect cells from damage.
- **Phytonutrients** — also called phytochemicals, are bountiful in whole grains — they contain hundreds of these beneficial compounds.
- **Magnesium** — is an important mineral found in whole grains. It is essential for bone building and also helps our bodies utilize the energy stored in our muscles.

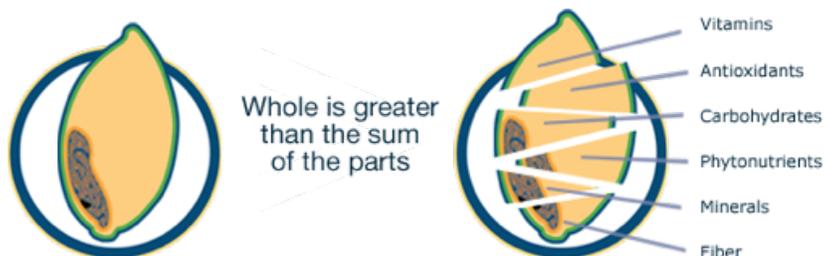
All of these nutrients work together! Sure, each one has its own function, but together, as part of a “whole grain package,” they supply a powerful punch to help you stay healthy. By choosing the whole grain you get the benefits of all the individual grain parts.

Definitions

Plant stanols and plant sterols — Research indicates that these substances may help reduce blood cholesterol levels (the “bad” cholesterol) by interfering with its absorption.

Antioxidants are the vitamins and other substances that protect cells from damage. Antioxidants you may already be familiar with include vitamin C, vitamin E and beta-carotene. Some phytonutrients also act as antioxidants. Like fruits and vegetables, whole grains are full of natural antioxidants.

Phytonutrients are naturally produced by plants as part of their “self-defense” system. They protect the plant against viruses, bacteria and fungi that could cause harm to the plant. It may also be that phytonutrients have protective benefits for people. They may enhance the body’s natural line of defenses. Some examples of phytonutrients include lycopene in tomatoes, beta-carotene in carrots and isoflavones in soy.



Whole-grain foods are important sources of both soluble and insoluble dietary fiber. Studies suggest that eating more soluble fiber may reduce blood cholesterol levels. Lower blood cholesterol levels may help reduce the risk of heart disease. Insoluble dietary fiber aids in bowel regularity and may prevent gastrointestinal disorders and certain types of cancer. Lignin fibers found in whole-grain foods may be effective in reducing risk of cancers such as colon and breast cancer. In addition, diets rich in fiber are greater in volume and take longer to chew. As a result, high fiber diets may be more satisfying and may control food intake to aid weight management. Studies have shown modest weight losses in obese people who increase their fiber intake.

References:

The University Health Center –
http://www.uhs.uga.edu/nutrition/whole_grain.html