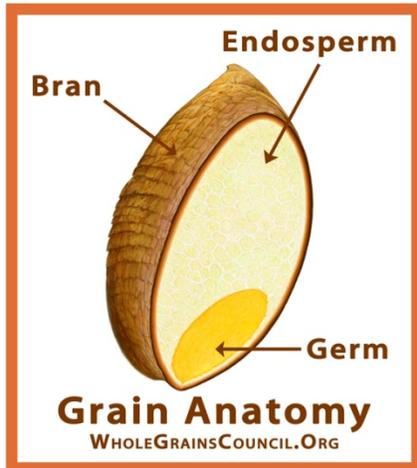


# WHOLE GRAINS FOR GOOD HEALTH

## Section 1: What are Whole Grains?



Whole grains are nutritious, delicious, and are included in the WIC program!

Whole grains contain the entire grain kernel.

That means whole grains have all the fiber and other nutrients found in the "whole" grain.

Whole grains can come from wheat, rice, corn, oats, or other grains.

Whole grains include all the nutrients found in the bran, the germ, and the endosperm.

Examples of whole grains:

- whole-wheat bread
- oatmeal
- brown rice
- corn tortillas
- popcorn
- whole-wheat pasta
- whole-wheat crackers



## What are refined grains?



Refined grains start out as whole grains, but then they are milled. This process removes parts of the grain, along with certain nutrients.

Examples of refined grain foods:

- white rice
- flour tortillas
- enriched pasta
- enriched macaroni
- many crackers
- white bread
- cereals
- pretzels
- grits
- baked goods

## Whole grains are healthier, so make the switch!



Instead of white bread, try whole-wheat bread.

Instead of white rice, try brown rice.

Instead of flour tortillas, try corn tortillas or whole-wheat tortillas.

Instead of cooked grits, try oatmeal.

## Section 2: Why are Whole Grains Important?

### Whole grains are healthy choices!



Whole grains are packed full of vitamins, minerals, and other nutrients that are good for you and your family:

- fiber
- B vitamins
- vitamin E
- iron
- zinc
- phytochemicals
- antioxidants

### What can whole-grain foods do?



Whole-grain foods can:

- help you reach a healthy weight.
- help lower your risk of diabetes, heart disease, and certain types of cancer.
- improve digestive health.
- help you feel full.

## Make half your grains whole!\*



- Most Americans eat enough grains, but not enough whole grains.
- At least half of the grain foods you eat each day should be whole grains.
- Think about eating whole grains in place of some of the refined grains you eat.

\*U.S. Dietary Guidelines for Americans

## What counts as a serving for whole-grain foods?



- 1 slice of whole-wheat bread
- 1/2 cup cooked cereal (like oatmeal)
- 3/4 to 1 cup whole-grain breakfast cereal
- 3 cups popcorn
- 5 to 7 whole-grain crackers
- 1/2 cup cooked brown rice or whole-grain pasta
- 1 small 6-inch corn tortilla or whole-wheat tortilla

## Section 3: Find Whole Grains at the Store

It can be confusing to shop for whole grains.



How do you know if a food is made of whole grains?

A loaf of bread called "Honey Wheat Bread" may seem like a whole-grain food, but chances are it's not.

**Tip #1: The first ingredient should contain the word "whole."**

Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
<b>INGREDIENTS: WHOLE GRAIN WHEAT, REDUCED IRON, NIACINAMIDE, THIAMIN HYDROCHLORIDE (VITAMIN B<sub>1</sub>), RIBOFLAVIN (VITAMIN B<sub>2</sub>), THIAMIN HYDROCHLORIDE (VITAMIN B<sub>1</sub>), ZINC OXIDE, FOLIC ACID AND VITAMIN B<sub>12</sub>. TO MAINTAIN QUALITY, BHT ADDED TO THE PACKAGING.</b>			
<b>CONTAINS WHEAT INGREDIENTS.</b>			

Read the fine print! If the word "whole" is part of the first ingredient, then it's most likely a whole-grain food. Look for things like:

- whole-wheat flour
- whole-grain wheat
- whole-durum wheat flour
- white-whole wheat
- whole-grain corn

Ingredients are listed by weight from most to least. So whole-grain wheat is the main ingredient in this food shown at the left.

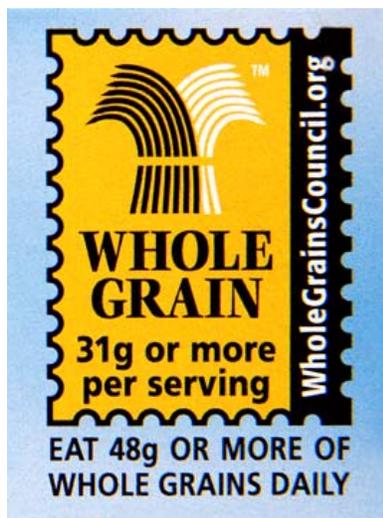
If the word “whole” is not part of the first ingredient, the food is probably a refined grain.



The main ingredients in refined-grain products are things like:

- Enriched wheat flour
- Enriched bleached flour
- Unbleached wheat flour
- Wheat flour
- Organic wheat flour
- Semolina wheat
- Durum flour

Tip #2: Look for the Whole Grain Stamp.



- Some whole-grain foods (but not all) put the “Whole Grain Stamp” on their packages.
- The whole grain stamp tells shoppers that a food provides whole grains.
- The whole grain stamp is optional. Many whole-grain foods do not have the stamp.

**Tip #3: Don't judge a grain by its color.**



Just because a loaf of bread is brown doesn't mean that it's a whole grain. Ingredients like food coloring, brown sugar, and molasses can make foods darker.

Some whole grains can be light in color. Examples include oats and white whole wheat.

**Tip #4: Don't judge a grain food by its packaging.**



Words and phrases on food packages can make us think a food is a whole grain when it is not.

Check for the word "whole" as part of the first ingredient.

## Section 4: Get Your Family to Eat More Grains

### Shop for WIC whole-grain foods.



Most WIC participants, including pregnant women, breastfeeding women, and children, receive a choice of whole grains. WIC whole-grain choices include:

- 100% whole-wheat bread
- whole-wheat tortillas
- corn tortillas
- oatmeal
- brown rice

### Choose WIC whole-grain cereals.



Many of the WIC breakfast cereals are whole-grain cereals.

Your WIC Shopping Guide shows which WIC cereals are higher in whole grains.

## Add whole grains to your family's meals.



### Breakfast Ideas:

- Choose whole-grain, ready-to-eat cereals, like Cheerios or Mini-Wheats.
- Try oatmeal! All types of oatmeal are whole grain - old-fashioned, quick-cooking, even instant!
- Enjoy whole-grain toast or whole-grain bagels.



### Lunch and Snack Ideas:

- Use whole-grain bread for sandwiches.
- Use corn or whole-wheat tortillas instead of flour tortillas.
- Try low-fat whole-grain crackers or baked tortillas chips.
- For a take along snack, pack some dry whole-grain cereal.
- Enjoy some popcorn (try the low-fat microwave kind).



### Dinner Ideas:

- Stuff cabbage leaves, peppers, or tomatoes with brown rice or add brown rice to your favorite stew or casserole.
- Use whole-wheat pasta when you make spaghetti, pasta salads or macaroni and cheese.
- Use brown rice for making Spanish Rice (see recipe at the end of this lesson!).

Whole grains take longer to cook since they still have an outer layer of bran. For example, brown rice needs 45 to 60 minutes to cook. But instant brown rice is also available.

## More Ideas for Meals

Try whole-grain cereal as breading for chicken or fish.

Make a homemade pizza crust using whole-wheat flour for part of the flour in the recipe.

Substitute whole-wheat flour for up to half of the flour in your cookies or breads.

Add oatmeal to your cookies and muffins.



## Whole-Grain Recipes

Here are some great whole-grain recipes that your family will love!

### Simple Snack Mix\*

Ingredients:

- 1 cup whole-grain cereal
- 1/4 cup dried fruit
- 1/4 cup nuts
- 1/4 cup whole-grain pretzels or crackers



Directions:

Mix together in a large bowl and enjoy!

\*This recipe is not recommended for children under 4 years of age, since nuts and dried fruit are choking hazards for young children.

## Quick Black Bean Quesadillas

### Ingredients:

- 1/2 cup bell pepper, finely chopped
- 1 cup grated cheddar cheese
- 1/2 cup black beans, cooked
- 4 whole wheat or corn tortillas
- 1/4 cup salsa
- 1/4 cup lettuce
- vegetable oil spray



### Cooking Directions:

- Spray pan with vegetable oil. Heat pan over medium heat and place one tortilla into the pan.
- Place 1/4 of the bell pepper, black beans and cheddar cheese onto the tortilla. Put most of the ingredients to the left side of the tortilla.
- When the cheese begins to melt, fold the tortilla in half. Press down slightly to seal the sides together, and then flip the quesadilla over to brown both sides.
- Repeat process with remaining tortillas. Spoon a little salsa and lettuce on top and enjoy. (If using large tortillas, use more filling.)

Serves 4, each serving provides:

calories: 290

protein: 13g

carbohydrate: 33g

fat: 12g

sodium: 591mg

fiber: 4g

## Chicken and Rice Casserole

### Ingredients:

- 3 cups cooked brown rice
- 1 10-ounce package frozen green peas
- 2 cups cooked chicken pieces
- 1/2 cup reduced calorie mayonnaise
- 1/3 cup slivered almonds or chopped peanuts, toasted
- 2 teaspoons soy sauce
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- vegetable cooking spray



### Cooking Directions:

- Combine rice, peas, chicken, mayonnaise, almonds, soy sauce, pepper, and garlic powder in a bowl.
- Transfer to 3-quart baking dish coated with cooking spray. Cover and bake at 350°F for 15 to 20 minutes.

Serves 6, each serving provides:

Calories: 321

Protein: 21g

Carbohydrate: 34g

Fat: 11g

Sodium: 304mg

Fiber: 4g

## French Toast

### Ingredients:

- 4 slices whole-wheat bread
- 2 eggs
- 1/3 cup fat-free milk
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1 tablespoon vegetable oil

### Cooking Directions:

- Beat together eggs, milk, vanilla, and salt in a shallow bowl.
- Heat oil in a skillet over medium heat.
- Dunk each slice of bread in egg mixture. Place in pan and cook until golden, about 2 minutes per side.
- Transfer to serving plate and sprinkle with powdered sugar and cinnamon, if desired.



Serves 4, each serving provides:

Calories: 157

Protein: 7g

Carbohydrate: 17g

Fat: 7g

Sodium: 260mg

Fiber: 2g

## Spanish Brown Rice

### Ingredients:

- 1 cup brown rice
- 1/4 cup onions, chopped
- 1 cup tomatoes, diced
- 1/2 tablespoon cumin
- 1/2 tablespoon garlic
- 2 1/4 cups chicken broth or water
- 1 teaspoon salt
- 1 tablespoon cilantro, chopped (optional)



### Cooking Directions:

- Place oil in a pan over medium heat. Add onions and rice. Sauté until onions are soft.
- Add chicken broth or water, cumin, garlic, tomatoes, and salt. Cover with a tight fitting lid and bring to a boil.
- Turn heat down to a very low simmer and cook, covered, until rice is tender and liquid is absorbed, approximately 45-60 minutes.
- Remove from heat and let stand covered for about 5 minutes. Fluff with fork and garnish with cilantro if desired.

Serves 6, each serving provides:

Calories: 152

Protein: 4g

Carbohydrate: 26g

Fat: 3g

Sodium: 555mg

Fiber: 1g

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