

GO FOR GRAINS!!

Whole Grains are loaded with Fiber!

What does Fiber do?



Lowers your cholesterol

Helps you feel "full" after a meal



Supports healthy digestion- keeps things moving!

Helps to control blood sugar levels



Whole grains contain iron, zinc, magnesium and B vitamins

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

How much Fiber do we need each day?

Adults up to age 50

25 grams for women

38 grams for men

Adults older than 50

21 grams for women

30 grams for men

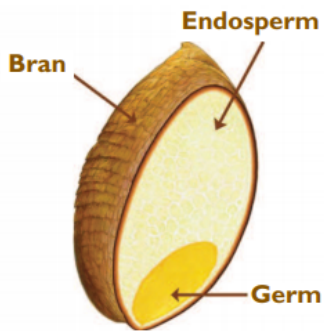
Be a Whole Grain

Detective

(Don't be fooled!)



- **Multigrain, Stone-ground, 100% Wheat, Cracked wheat, or Bran may not be a whole grain.**
- Brown grain products are **not** always whole grain. Molasses or **coloring** may be added.
- Whole grains listed **after** the first ingredient may only be as little as 1% or as much as 49% whole grain.



Whole-grain foods contain the entire grain kernel. 'Refined grains' have been stripped of the bran, germ, fiber and many other nutrients

To choose a whole grain instead of a 'refined' grain, the **first ingredient** should always be one of these:

- whole** wheat, **whole** corn
- whole** oats, oatmeal,
- whole** rye
- brown** rice, **wild** rice, bulgur and popcorn

Storing Whole Grains



Bread- Store at room temp in a sealed bag. Don't store in refrigerator, it will dry out. Freeze in a freezer bag for up to 6 months.



Whole Wheat Flour- Will keep for 1 to 3 months on a shelf. To keep longer, store in the refrigerator or in the freezer for 2 to 6 months.



Whole Wheat Pasta- Dried whole grain pasta will keep for up to 6 months on a shelf or in a pantry.



Brown Rice- Dry Rice: Store in a sealed container in the cupboard for up to 6 months. Refrigerate up to 12 months or freeze for up to 2 years.
Cooked Rice: In a container refrigerated for 3-5 days. Freeze for up to 6 months.

BUILD YOUR OWN GRAIN BOWL

Choose 1 Whole Grain

Power it up with 1-2 Protein choices

Add 3 -5 Vegetables Fresh, Frozen, or Canned

Whole Wheat Couscous
Whole Wheat Pasta
Quinoa
Brown Rice

Savor with flavor!

Dress it up!

OTHER GRAINS TO TRY

Grain


Facts

Cooking Time

 Barley-LG


Look for whole, hulled, or semi-pearled. Great in soups and stews.

45-60 minutes

 Bulgur-HG

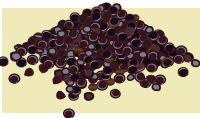
Quick cooking and high fiber. Used in kibbeh or tabbouleh or as a rice substitute.

10-12 minutes

 Farro-LG

Choose whole or "semi-pearled, great in soups, stews, or grain bowls.

25-40 minutes

 Quinoa-GF

Complete protein and high fiber, great in any recipe to replace rice.

12-15 minutes

 Wild Rice-GF

More protein and fiber than brown rice, use in any rice dish!

45-55 minutes

***LG- Low Gluten; GF- Gluten Free; HG- High Gluten