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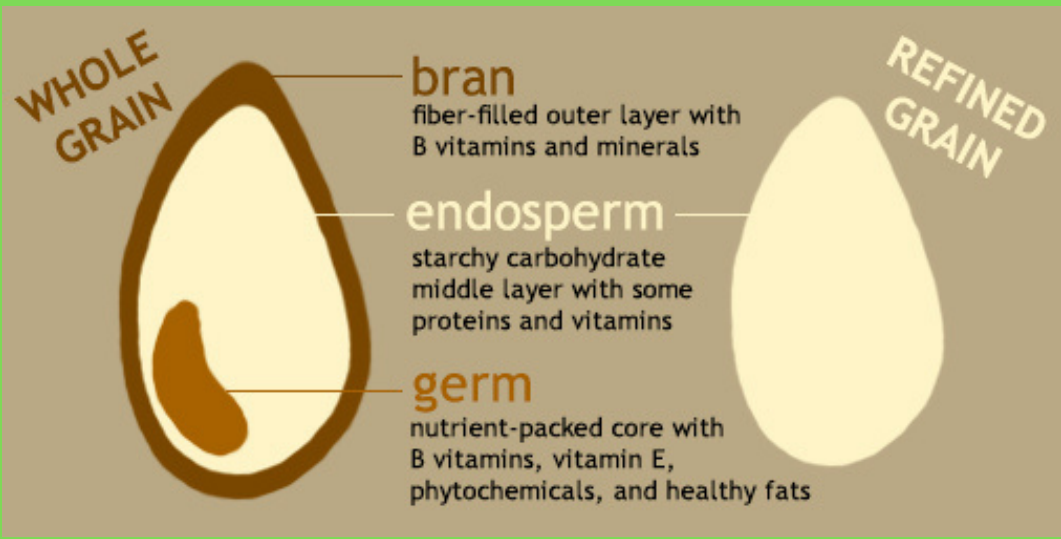
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# ENERGY



Your body uses carbohydrates as its main energy source. But not all carbs are created equally. Grains consist of varying amounts of carbs (starches), sugars and fiber.



## Nutrients found in whole grains

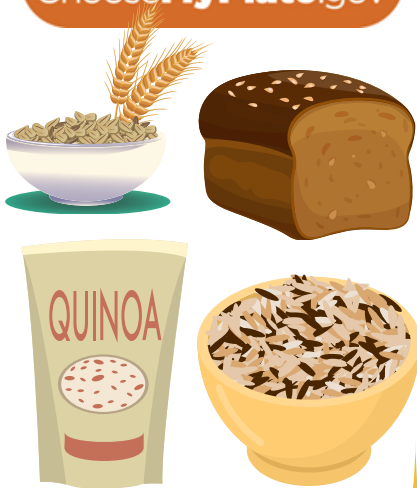
- **Fiber:** reduces risk of certain diseases, keeps us fuller for longer, helps bowel function
- **B Vitamins:** Helps release energy from food, good for our nervous system
- **Magnesium:** strong bones
- **Selenium:** helps build strong immune system

## Fun Fiber Facts

- Fiber is found only in plant foods. Meat and dairy products have no fiber
- The digestive tract is an amazing 28 feet long. Fiber helps move waste along this large muscle.
- Fiber can help with overeating. Fiber takes longer to chew, which gives the body time to let a person know when he or she is full
- Fruit and vegetable juices have less fiber than whole fruit and vegetables. This is because the skin is removed to make the juice. It is more healthful to eat whole fruit and vegetables than to drink fruit and vegetable juices
- A high fiber diet can reduce the risk of type 2 diabetes and certain types of cancer.



# Make half your grains whole grains



## Whole Grain Scavenger Hunt

Where are the whole grains hiding? Search the bread aisle to find at least one item for each of the clues below.

- "100% whole grain" in the product name
- A whole grain as the first ingredient
- Hint: Besides wheat, also look for "whole" oats, barley, spelt, brown rice, rye and others.
- At least 3g fiber per serving (the higher the number the better)
- Hint: Check the Nutrition Facts label.
- The Whole Grains Council seal (which tells the amount of whole grains per serving)
- Two or more of the above clues on one package
- **BONUS!** Find a whole grain in its raw state
- Hint: Check the bulk foods or rice aisles.



## Popcorn Treats

- 2 Tbsp- butter, melted
- 5 cups- air popped popcorn
- 1/8 cup- raisins
- 1 cup- shredded wheat (bite-sized)
- 2 tsp- brown sugar
- 1 1/4 tsp- cinnamon

1. Pop popcorn.
2. Mix popped corn, raisins, cereal
3. Mix sugar and cinnamon in a small dish.
4. Drizzle melted butter over mixture.
5. Add sugar and cinnamon mixture.
6. Stir all ingredients

Southern Tier SNAP Education is funded by USDA's Supplemental Nutrition Assistance Program-SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to [www.myBenefits.ny.gov](http://www.myBenefits.ny.gov) or contact 1-800-342-3009. SNAP-Ed and Cornell Cooperative Extension are equal opportunity providers.

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