

Whole grains:

High in nutrition and fiber; low in fat.

ABCDEF of Whole-Grain Benefits

- A**ntioxidants
- B** vitamins
- C**holesterol lowering, **C**ancer preventing, **C**onstipation preventing
- D**iabetes aid; prevents rapid rise in blood sugar
- E**xtra vitamins, phytochemicals and vitamin **E**
- F**ewer calories, ounce for ounce, than refined grains. **F**eel **F**ull longer

What is whole white wheat?

It is whole wheat that doesn't have colored bran. Be careful. Read the ingredient list. Make sure the first ingredient is 100% whole white wheat. It provides the same benefits as regular whole wheat.

How much is an ounce or ounce equivalent for whole grains?

- ½ cup cooked rice, bulgur, pasta or cooked cereal
- 1 ounce dry pasta, rice or other dry grain
- 1 slice of bread
- 1 small muffin (weighing 1 ounce)
- 1 cup ready-to-eat cereal flakes
- 1 small bagel
- ½ English muffin

Each of the foods below provides about 1 ounce or 1-ounce equivalent of whole grains. These are thrifty, and most have a long shelf life.

Locally available whole grains	Price per serving and amount
Old Fashioned Oatmeal	5¢ for ½ cup cooked
100% whole grain bread	10¢ for one slice
Popcorn	7¢ for 3 cups
Long grain brown rice	10¢ for ½ cup cooked
Instant brown rice, Albertson's brand	20¢ for ½ cup cooked
100% whole-wheat bagel, large	11¢ per ounce equivalent*

*1 large bagel=4 ounce equivalents

Whole Grains vs. Enriched Grains

All grains start life as whole grains. Refined grains and flours are from whole grains with the bran and germ removed.

Whole grains provide phytochemicals and fiber. Refined grains do not provide those.

People who eat three daily servings of whole grains reduce their risk of heart disease, stroke, type 2 diabetes and some cancers.



Eat Whole Grains at Every Meal

Whole-grain cereal or toast at breakfast

Oatmeal is easy and quick in the microwave or on the stove. Microwave recipe for oatmeal:

1. Combine 1 cup of milk or water with $\frac{1}{2}$ cup of oats and a dash of salt in a medium size microwave safe bowl or casserole dish.
2. Microwave on HIGH 2–3 minutes.
3. Remove from oven.
4. Stir in items like raisins, cinnamon, nuts, brown sugar.
5. Serve hot with milk.

Try homemade popcorn for a snack.

Buy a bag of popcorn and pop your own. Follow the instructions on the bag, or:

1. Combine $\frac{1}{2}$ cup of popcorn with 2 tablespoons of oil in a large heavy bottomed pot that has a lid.
2. Cover and heat on medium. The corn will start to pop after a few minutes.
3. Once it starts to pop, release some steam.
4. When the popping slows, remove the lid and remove the pot from the heat.
5. Lightly salt.

Makes about 3 servings. Share with friends. If you don't eat it all, store in a sealed container, and it will stay fresh for a day or so.

**Tip from Louisiana mothers:
Ask for whole grains when
you shop at your local grocery
store or go to a restaurant or
cafeteria.**

Whole-grain bread for your sandwich at lunch



Brown rice with dinner:

1. Add 2 cups of water, 1 cup of rice, $\frac{1}{2}$ teaspoon of salt in a small, heavy, pot with a tight lid. Don't try to cook less than 1 cup.
2. Bring to a boil over medium heat. Put the lid on the pot. Reduce the heat to low. Simmer for 40 minutes. Remove from the heat. Fluff the rice with a fork. Return the lid. Let it sit for 5 minutes. Optional: Add chopped parsley.

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