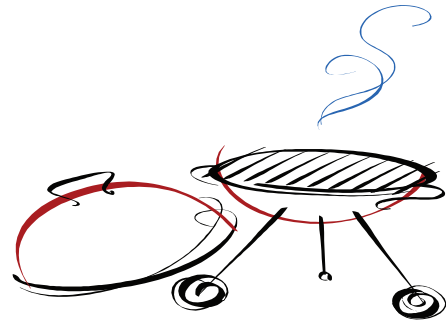


Grill Me About...

GRAINS



Ask me what I learned about Whole Grains in my GrowingGreat Classroom Nutrition Lesson:

1. What is the definition of processed?
2. Why is it best to eat whole grains more often than highly-processed grains?
3. If you want whole grains, what should be the first ingredient on the ingredient list?

.....

Answers:

1. *Making a food different from its original source, usually by taking something away*
2. *They have all their original vitamins, minerals and fiber; they make us feel full longer, and give us longer-lasting energy*
3. *“WHOLE,” for example whole wheat flour or whole oats*



Recipe idea!

Whole Grain Oatmeal

- 1 cup whole oat groats •
- 4 cups water

Grind oats through a clean coffee grinder to desired consistency*.

Bring water to a boil in a large pot. Slowly whisk in oat groats for 1-2 minutes while returning to a boil.

Cover, reduce heat to low and simmer an additional 5-10 minutes, whisking occasionally.

Makes 6-8 servings.

Serve with your choice of milk, yogurt, maple sugar, pure maple syrup, raw honey, chopped nuts, coconut flakes, flax seeds, and/or dried or fresh fruit.

* Approximately 30 seconds for thick and chunky...
60 seconds for smooth

**No time to grind?
Try slow cooking, old fashioned, rolled or steel cut oats!**



Classroom Nutrition

Lesson #4: **GRAINS**



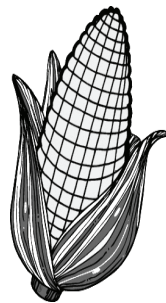
What is a Whole Grain?

Whole grains, or foods made from them, contain all the essential parts (bran, germ and endosperm) and naturally-occurring nutrients of the entire grain seed. If the form of the whole grain is changed from whole to cracked, crushed, rolled, lightly pearly and/or cooked, the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed.



What is a Refined Grain?

When grains are refined, the bran and germ (which contain the naturally occurring vitamins, nutrients and fiber) are removed. “Enriched or fortified” flours are created when some synthetic vitamins and minerals are added back after the grain has been processed.



Why choose Whole Grains?

- ◆ High In Antioxidants
- ◆ Help you Weigh Less—feeling of fullness with few calories
- ◆ Longer Lasting Energy
- ◆ Reduce Diabetes Risk
- ◆ Cut Heart Disease Risk
- ◆ Lower Obesity Risk
- ◆ Promote Proper Bowel Function
- ◆ Lessen risk of Rectal, Colon, Stomach, Ovarian and Prostate Cancers



Different types of Whole Grains

Examples of whole grain foods and flours : Amaranth, Barley (lightly pearly), Brown and Colored Rice, Buckwheat, Bulgur, Corn and Whole Cornmeal, Farro, Grano (lightly pearly wheat), Kamut® grain, Millet, Oatmeal and Whole Oats, Popcorn, Quinoa, Sorghum, Spelt, Triticale, Whole Rye, Whole or Cracked Wheat, Wheat Berries, and Wild Rice.

How do you know if you are getting the Whole Grain?

You must read food labels carefully. True whole-grain products list “whole” as the main ingredient, ie: whole wheat, whole oats, whole rye, or some other whole grain cereal. If the label says “made with wheat flour” it may be a whole grain product or it may just be an advertising gimmick, since even highly processed cake flour is made with wheat flour. Food products labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “seven-grain,” or “bran” are usually not whole grain products.

Sources: *Harvard School of Public Health, Whole Grains Council and the USDA*