

WHOLE GRAINS: WHAT'S THE BIG DEAL?

Low-carb and no-carb diets are a thing of the past! In January 2005, the U.S. Government published new dietary guidelines and they recommend eating more “whole-grains” instead of “refined-grains.”

WHAT IS THE DIFFERENCE BETWEEN “WHOLE” GRAIN & “REFINED” GRAIN?

Grains are made up of 3 parts – the *bran*, the *germ*, and the *endosperm*. Whole grains have all 3 parts, whereas refined grains (found in many pastas, breads, and sugar) are made up of mostly just the endosperm.

Whole grains take longer to breakdown; therefore, the carbohydrates in them are released slowly and your body can easily regulate them. Whole grains are also higher in fiber – this makes them more filling and a great source of vitamins and minerals. Whole grains can even help prevent against constipation, certain cancers, and heart disease.

(Adapted from: www.kidshealth.org)

QUIZ

1. The average American consumes 48 gallons of soft drinks a year. True or False.
2. Guess how many teaspoons of sugar are in a 12-oz can of regular soda?

Quiz Answers

1. True – Americans consume 44 % of the total world sales of soft drinks!
2. 10 teaspoons! That’s equal to 48 grams of refined sugar – the government recommends a MAXIMUM of 40 grams per day.

SOME WAYS TO SNEAK IN WHOLEGRAINS AND STILL HAVE TASTY MEALS:

Breakfast Ideas:

- Serve whole grain oatmeal
- Opt for cereals that list whole grain or oats as one of the first few ingredients
- Make whole grain pancakes or waffles
- Offer whole wheat English muffins or bagels instead of white toast

Lunch & Dinner Ideas:

- Switch to whole grain bread or dinner rolls
- Use whole grain corn tortillas to make tacos or fajitas
- Switch to whole grain pasta rather than traditional white pastas
- Use wild rice or brown rice instead of white rice

Snack Ideas:

- Use whole grain crackers and top with low-fat cheese
- Top low-fat yogurt with whole grain cereal
- Use whole wheat flour instead of white flour when baking cookies or muffins
- Serve popcorn rather than chips - for kids over age 4

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OTHER NAMES FOR WHOLE GRAINS

- Brown Rice
- Buckwheat
- Cracked Wheat
- Bulgar
- Graham Flour
- Millet
- Quinoa
- Sorghum
- Triticale
- Whole Barley
- Whole Grain Barley
- Whole Cornmeal
- Whole Grain Corn
- Whole Oat or Oatmeal
- Whole Rye
- Whole Wheat
- Wild Rice
- Popcorn

IMPORTANT TIP: Don't be fooled by foods that sound like they're whole grain, but are not – such as “multi-grain”, “wheat flour”, “enriched flour”, and “degerminated cornmeal.”

FROM WWW.SCHOOL-NURSING.ORG