

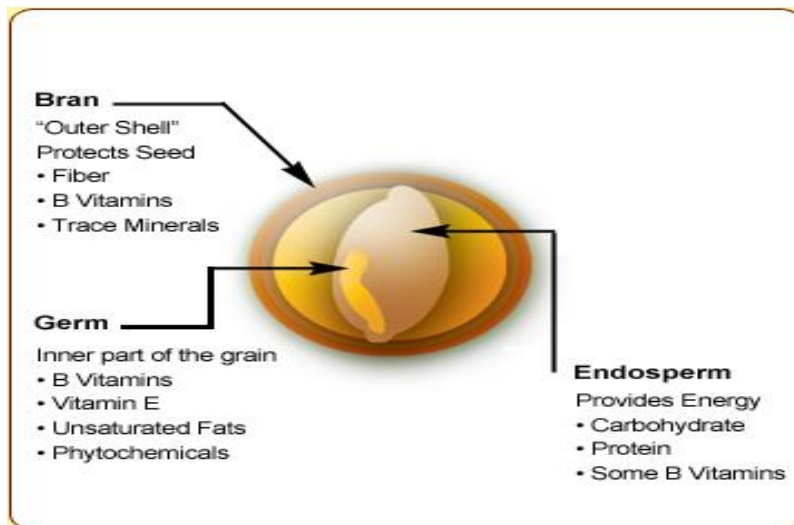
Whole Grains

WHAT IS A WHOLE GRAIN?

A whole grain is the entire seed or kernel of the plant made up of 3 parts: the **endosperm**, **germ** and **bran** (see picture below).

When a grain is refined, the bran or the germ is removed. During the refining process essential vitamins, minerals, fiber and phytochemicals are lost. Because many nutrients are lost, most refined grains are enriched. The enrichment process

puts iron, riboflavin, niacin, folate and thiamin back into the grains. However, enriched and refined breads are still lacking in magnesium, fiber, zinc, and vitamin B₆. The enrichment of refined flour helps to prevent deficiencies in the 5 nutrients that were mentioned, but it fails to compensate for the lost fiber and other important nutrients.



How many servings are needed?

The amount of whole grains needed depends on your child's age, weight, sex and physical activity. Each person should aim for 48g of whole grains each day or look for foods that have at least 16g per serving. An easy way to insure your child is consuming an adequate amount is to provide at least one-half of their daily grain consumption, from whole grain foods. The inclusion of whole grains is essential and studies have even shown that regular whole grain intake is protective against obesity, diabetes, and is associated with improved digestive health. Here are some tips for including them into meals and snack time:

- Start each day with a high fiber cereal topped with fresh fruit; if your child is reluctant, try adding a handful to his/her favorite cereal
- Have a whole grain bagel with peanut butter and banana slices
- Mix brown rice into wild rice or white rice or add whole wheat pasta to regular pasta
- Experiment with different whole grain flours when baking cookies, cakes and other desserts
- Make oatmeal in the morning and add fresh berries or dried fruit
- Enjoy a bowl of popcorn or homemade trail mix – mix your own with wheat chex, nuts and raisins
- Sprinkle croutons onto a salad made from whole grain bread for added crunch and fiber

WHAT TO LOOK FOR WHEN BUYING WHOLE GRAINS

Remember, just because it's brown, it doesn't mean it's whole grain. Often times food processors add caramel coloring, molasses, or other ingredients to the flour to make it look like the whole grain product. Also, foods labeled with the words "multi-grain," "stone-ground," or "100% wheat" are usually NOT whole grain. When identifying a whole grain product look for the Whole Grain Stamp that identifies if the product is 100% whole grain or contains 8g of whole grains per serving.



Whole Grain Stamps are a trademark of Oldways Preservation Trust and the Whole Grains Council.

Another way to identify whole grains is to look at the item listed *first* in the ingredient list. The first item should be one of the following:

- Amaranth
- Barley
- Buckwheat
- Bulgur
- Corn
- Millet
- Oat/Oatmeal
- Brown Rice
- Rye
- Sorghum
- Triticale
- Wheat
- Wild Rice



Yummy Whole Grain Pancakes:

- 1 cup and 2 tablespoons whole wheat flour
- 1 tablespoon brown sugar
- 2 tablespoons apple sauce
- 1 cup and 2 tablespoons water
- 1 and 1/2 teaspoon baking powder
- A pinch of salt

Sift all dry ingredients together. Add applesauce and water and mix until smooth and blended. Heat griddle and spray with cooking spray. Ladle 1/4 cup of batter into the pan and let it cook until small bubbles form in the center. Flip. Serve with light maple syrup or fresh berries. For a special treat, make the batter with either 1/2 cup walnuts or 1/2 cup blueberries

Websites to visit for more information:

The Whole Grains Council
<http://wholegrainscouncil.com>

The Wheat Foods Council
<http://www.wheatfoods.org>

The USDA Food Pyramid
<http://www.mypyramid.gov>