

Grain Group

The Grain Group includes cereals, breads, crackers, pasta, and rice.
Motto: Make Half Your Grains Whole.



WHOLE GRAINS

- Include the *entire* grain, even the outside bran layer that contains fiber.
- Examples of WHOLE GRAINS include whole wheat, barley, rye, buckwheat, cornmeal, oatmeal, brown rice, and popcorn.

FIBER

- Not digested but absorbs moisture and travels through the digestive system.
- Body waste is softer and eliminated more frequently.
- Keeps your intestines healthy.
- Good sources of FIBER include whole grain breads and cereals, especially bran cereal.

REFINED GRAINS

- Gone through a process that strips them of some of their nutrients, including the outside part of the grain where the fiber and some nutrients are found.
- Examples are white flour and white rice, and anything made with those products.

Get a whole grain brain.

Just because it's brown doesn't mean it's whole grain!
Look for the words *whole grain*, *whole* (name of grain), *whole wheat*.
Popcorn, oatmeal, and brown rice are always whole grains.
The word *enriched* does not mean it is a whole grain. It is, in fact, refined.

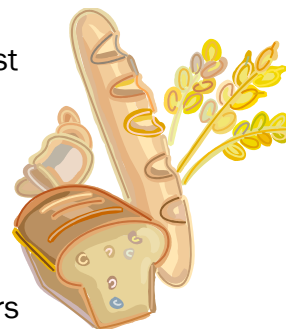
1-Ounce Equivalents from the Grain Group

- 1 slice of bread
- 1/2 hamburger bun, English muffin, or pita bread
- 1/4 bagel
- 3 to 4 crackers
- 1 cup ready-to-eat cereal
- 1/2 cup cooked cereal, rice or pasta

The average person on a 2000 calorie diet needs about 6-oz. equivalents from the grain group.

To eat more GRAINS...

- Eat whole grain cereal or a whole wheat bagel or toast for breakfast
- Make a sandwich on whole grain bread or bun
- When baking, substitute one half white flour with whole wheat
- Add whole grains to meatloaf and meatballs
- Serve a variety of pasta dishes, including whole grain pasta
- Serve a variety of rice dishes, including brown rice
- Choose healthy whole grain snacks, including whole wheat crackers
- Enjoy rice pudding for dessert, made with brown rice



RECIPES

VEGETABLE ALMOND FRIED RICE

- 1 teaspoon + 2 Tablespoons canola oil
- 2 large eggs, beaten
- 1 bunch broccoli, chopped
- 1 large onion, chopped
- 2 large carrots, sliced
- 1/2 teaspoon salt
- 1/2 cooked chicken breast, diced
- 1 small summer squash, diced
- 1-2 Tablespoons minced garlic
- 3 cups cooked brown rice
- 1 cup peas
- 4 medium green onions, minced
- Low-sodium soy sauce
- 1 cup chopped or slivered almonds



1. Add 1 teaspoon oil to large skillet along with beaten eggs and cook in a thin layer. Transfer the cooked eggs to a plate, then cut the eggs into small pieces with a dinner knife.
2. Wipe skillet clean and return to high heat. Add 2 Tablespoons oil, coating pan. Add broccoli, onion, carrots, and salt and cook for 5 minutes, stirring constantly.
3. Add chicken, squash and garlic. Turn heat down to medium and stir-fry for another 3 minutes or so, until the vegetables are all tender-crisp.
4. Add rice a little at a time and mix. Then dump in peas, green onions, and eggs and shake in about 20 good shakes of soy sauce. Stir in the almonds and serve hot.

CRANBERRY MUESLI

- 1/2 cup low fat plain yogurt
- 1/2 cup unsweetened or fruit-juice-sweetened cranberry juice
- 6 Tablespoons old-fashioned rolled oats
- 2 Tablespoons dried cranberries
- 1 Tablespoon unsalted sunflower seeds
- 1 Tablespoon wheat germ
- 2 teaspoons honey
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon salt

Combine all ingredients in a medium bowl; cover and refrigerate for at least 8 hours and up to 1 day.

BAKED BARLEY WITH MUSHROOMS

- 1/2 pound mushrooms, sliced
- 1 medium sized carrot, sliced
- 1 small onion, diced
- 1 cup chicken bouillon
- 4 cups water
- 3/4 cup barley
- 1 tablespoon olive oil
- 1/2 teaspoon salt



In a 2-quart casserole dish, mix all ingredients. Cover; bake in 350 °F oven for 2 hours, stirring occasionally.