



Topic of the Month – *Eat More Whole Grains*

Whole grains: Hearty options for a healthy diet

Grains, especially whole grains, are an essential part of a healthy diet. All types of grains are good sources of complex carbohydrates and some key vitamins and minerals. Grains are also naturally low in fat. All of this makes grains a healthy option. Better yet, they've been linked to a lower risk of heart disease, diabetes, certain cancers and other health problems.

Types of grains

- **Whole grains** - Whole grains are either single foods, such as brown rice and popcorn, or ingredients in products, such as buckwheat in pancakes or whole wheat in bread.
- **Refined grains** - Refined grains include white flour, white rice, white bread and degermed cornflower. Many breads, cereals, crackers, desserts and pastries are made with refined grains, too.
- **Enriched grains** - Enriched means that some of the nutrients lost during processing are added back in.



Color?

When you think whole grains the first thing that most likely comes to mind is their color. Whole grains are infamous for their brown color; however they have much more to offer than simply a color. The three basic types of grains are refined grains such as white bread and white rice, these grains are milled which means that they have been stripped of essential nutrients and fiber. The second type of grain is enriched grain where nutrients that are lost during the milling process are added back, but the lost fiber can never be added back. This leaves the last type of grain, whole grain. Whole grain is the best healthy choice because it is not refined, meaning it's as natural as it gets. Whole grain also has other benefits such as reducing heart disease and chances of stroke. So next time you're at the grocery store don't let the brown color of whole grains dissuade you from buying it, remember they are a healthy and delicious choice.

Great ways to eat whole grains

- Use whole wheat versions of pasta, bread, or tortillas. Whole wheat pasta has a nutty texture and might take some getting used to so substitute half your pasta with whole grains.
- Use brown rice and/or wild rice instead of white rice.
- Oatmeal with a sprinkle of dried fruits makes a powerful healthy breakfast.
- Use whole grains like barley in place of rice and noodles in soups and stews. Whole grain couscous, rye berries and quinoa can be used in pilafs.
- Use whole grains like brown rice and quinoa as hearty stuffing in vegetables and roasts. Remember to rinse quinoa before cooking to remove the bitterness.
- Add granola to low fat yogurt and fresh fruits to make a delicious and healthy parfait.
- Toss with chopped veggies and vinaigrette for a cool salad.
- Popcorn, a whole grain, can be a healthy snack if popped with little or no added salt or butter.

http://www.lsuagcenter.com/en/blogs/southeast_fcs_blog/Power-Up-With-Whole-Grains.htm

Taste or Health?

Although refined grains taste better than whole grains, whole grains are the healthier of the two. Eating whole grains has many benefits. For example, whole grains reduce the risk of many life-threatening diseases such as a stroke, heart disease, colorectal cancer, or type 2 diabetes. Whole grains also help people with maintaining a healthy weight, which is important in a society that has an obesity epidemic. Another reason to eat whole grains is that whole grains are a source of many nutrients such as fiber, vitamins and minerals. There are a lot of benefits that come with eating whole grains, and that's why they should be an addition to plates at dinner tables all across America.



<http://wholegrainscouncil.org/whole-grains-101/what-are-the-health-benefits>

"Food" Goal this Month



Find healthy choices fast by choosing products that have the Whole Grain stamp.

[more ▶](#)

Health Quiz of the Month

Simple Way to Identify Whole Grains

Your school cafeteria is serving the following menu at lunch today. Can you pick out the whole grain foods from this menu?

- # Teriyaki Chicken
- # Brown rice
- # Oriental Vegetables
- # Whole wheat roll
- # Milk



Whole wheat roll - Look for "whole" as the first ingredient

"Move" of the Month

Exergames!

Exergames refer to video games that encourage physical activity. The ever-expanding variety of exergames now range from baseball and bowling to mixed martial arts and yoga.

Exergames encourage kids who might otherwise shy away from playing traditional sports to get involved in a physical activity.

Exergames provide ways for kids to be active when going outside is not an option.

<http://4h.ucanr.edu/files/131436.pdf>



Upcoming February 2014

Next newsletter will focus on

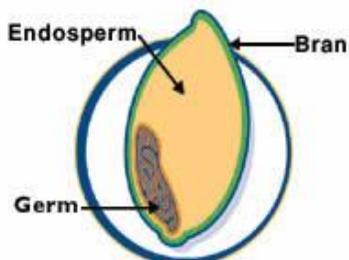
Healthy Fast Foods

Next Healthy Living Session

Feb 9th 2pm-4pm Plainsboro Library

Fun Facts

3 parts of a grain kernel



Barley

Egyptians buried mummies with necklaces of this grain around their necks.



Edward I of England standardized the inch as equal to "three barley seeds"

You Can Engineer Your Comfort Foods To Be Healthy



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Wansink, *Mindless Eating*, 2006

<http://foodpsychology.cornell.edu/>