

12 Healthy Habits

Habit 10: Make Grains Whole

A YEAR OF BUILDING A HEALTHY LIFESTYLE

BENEFITS:

- May help reduce blood cholesterol levels thereby reducing the risk of heart disease
- May help reduce the risk of type 2 diabetes
- May help reduce constipation and diverticulosis
- May help reduce the risk of certain cancers

GOAL:

- Make half of your grain servings whole grains

Don't Lose Out...Get the Whole Grain!

Most of us get enough servings of grain foods each day but are they the right kind of grains?

Most grain foods, like bread and rolls, are made with refined flours which reduces the nutrients found in whole grains like fiber, vitamins, minerals like iron and potassium, antioxidants and many phytochemicals. While some of these are replaced through enrichment, they are not usually replaced to the same level as found in the original whole grain kernel.

So if we want the most out of our grains, we need to choose whole grain products. Only 4% of U.S. adults and children over 12 are consuming sufficient whole grains.

Grains are made up of three parts—the bran on

the outside, the endosperm which is the main part of the grain and the germ in the middle. The bran contains a lot of the fiber of the grain and the germ contains a little fat and vitamins and phytochemicals. When grains are refined into white flours, the bran and germ are removed which removes a lot of the nutrients. As much as 75% of the phytochemicals are lost in the refining process. So eating more whole grains increases the nutrition of grain products.

Whole grains include whole wheat flour, brown rice, oats, wild rice, bulgur, quinoa and more. Just because a bread is brown doesn't mean it is whole grain—they could have added molasses or other colorings. You can also purchase white products

now that are whole grain. So the only way to know is to examine the ingredients on the label and look for the word "whole" and the name of the grain. 100% wheat bread or multigrain doesn't mean whole grain.

Many products come in whole grain versions today. Look for whole grain pastas, cereals, rice mixtures and breads.

Make at least half of your daily grain servings whole grain so you don't miss out on all the nutrition grains have to offer!



Whole Grain Stamp

While you can look at the ingredient label to see if a product contains whole grains, there is an easy way to identify whole grains by looking for the whole grain stamp. There are two different versions of the stamp, 100% and Basic. For most adults, 48 grams of whole grains per day are recommended. The stamp shows a number, telling you how many grams of whole grain ingredients are in a serving of the product. While not all products use this stamp, if you do see it you know what you are getting.



THE 100% STAMP

If a product bears the 100% stamp, then **all** of its grain ingredients are whole grains. There is a minimum requirement of 16 grams—a full serving of whole grain per labeled serving, for products using the 100% stamp.



THE BASIC STAMP

If a product bears the basic stamp, it contains at least 8 grams—a half serving—of whole grain, but may also contain some refined grain. Even if a product contains large amounts of whole grain, it will use the Basic Stamp if it also contains extra bran, germ or refined flour.

Corn Meal Tip:

Avoid labels that say “degerminated” when you’re looking for whole grain corn meal. These products have had the bran and germ removed thereby making it a refined grain.

Top 5 Ways to Get Whole Grains

1. Make the Breakfast Switch—Look for whole grain cereal instead of your regular breakfast cereal.
2. Try Whole Grain Versions—Try whole wheat pasta in your next Italian night dinner. Use brown rice to stuff your peppers. (Look for the quick cooking brown rice for faster preparation time!)
3. Choose Whole Grain Snacks—Make low-fat popcorn or try whole-wheat or rye crackers the next time you have the munchies.
4. Change Up Your Bars—Look for granola and energy bars that are made with whole grains.
5. White to Whole White—Look for whole white wheat bread that looks (and tastes) like white but is a special type of whole wheat with all the nutrients of whole grain.

Nutty Cranberry Pilaf

- 1 tablespoon olive oil
- 12 ounces mushrooms, sliced
- 1/2 large onion, chopped
- 1 cup quick cooking brown rice
- 1/2 cup bulgur wheat
- 1 (10-ounce) can beef broth
- 1 1/2 cups water
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/2 cup dried cranberries, coarsely chopped
- 1/2 cup toasted slivered almonds

In large skillet, heat olive oil. Add mushrooms, onions, rice and wheat. Sauté until vegetables are softened and grains are browned. Add broth, water, thyme, salt and pepper. Simmer, covered for 15 minutes. Add cranberries and simmer 5-10 more minutes or until liquid is absorbed. Toss with almonds just before serving.

Eat
Breakfast

Get
Cooking

Eat
More Fish

Get
Moving

Good
Fats

Go
Meatless

Veggie
Up

Get
Stronger

Sugar
Down

Make
Grains
Whole

Portion
Power

Be
Mindful