

SPICE OF LIFE



NEIGHBORLY NUTRITION MINUTE

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Make half your grains whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Grains are divided into two subgroups: whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy eating style have a reduced risk of chronic diseases. Here are 6 ways you can get whole grains in your diet:

1 Make simple changes

To make half your grains whole grains, choose 100% whole-wheat bread, bagels, pasta, or tortillas; brown rice; oatmeal; or grits.



2 Whole grains can be a healthy snack

Popcorn is a whole grain. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.

3 Save some cooking time

Cook extra brown rice or oatmeal when you have time. Refrigerate half of what you cook to heat and serve later in the week.

4 Mix it up your dishes with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5 Become a smart grocery shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100%



6 Know what to look for on ingredients list

Choose products that name a whole-grain ingredient first on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” or



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Sources: <https://www.cdc.gov/cancer/dcpc/prevention/other.htm>; <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/help-prevent-cancer-by-taking-control-of-your-diet>