Healthy Grains

Quick Facts

- Consuming whole grains may help reduce blood cholesterol levels and lower the risk of heart disease, stroke, cancer, obesity, type II diabetes and other chronic diseases.
- Whole grains are important sources of many nutrients, including dietary fiber, several B vitamins and minerals.
- Some examples of healthy whole grains are: barley, brown rice, buckwheat, millet, oats/oatmeal, popcorn, quinoa and wild rice.

Shopping & Preparing

Whole grains can be found in most grocery stores, typically in the rice or organic aisle. The Whole Grains Council has created an official packaging symbol called the Whole Grain Stamp that can help you easily identify these products. The 100% stamp indicates that the product contains a full serving (or more) of whole grains and that ALL the grain is whole, while the basic stamp indicates that the product contains at least half a serving of whole grains. If the item doesn’t have the stamp, check the ingredient list – look for words like: whole grain [name of grain], stoneground whole [grain] and brown rice; avoid words like: enriched flour, bran and wheat germ.

If you’d like to start incorporating more whole grains into your meals, try the half and half rule – substitute half of your regular recipe with whole grains (whether that refers to pasta, flour, etc.). You can also add whole grains into your favorite canned or home-made soup without noticing much difference in the flavor. If you’re really adventurous, try new foods or new recipes that call for whole grains – you may discover a new favorite!

Super Recipe – Quinoa Tabbouleh

Serving Size

Makes 5 dishes (1 cup each)

Ingredients

- 1 ¾ cups water
- 1 cup uncooked quinoa
- ½ cup coarsely chopped seeded tomato
- ½ cup chopped fresh mint or parsley
- ¼ cup raisins
- ¼ cup chopped cucumber
- ¼ cup fresh lemon juice
- 2 tablespoons chopped green onions
- 1 tablespoon extra-virgin olive oil
• 2 teaspoons minced fresh onion
• ½ teaspoon salt
• ¼ teaspoon freshly ground black pepper

Preparation

1. Combine water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat and simmer 20 minutes or until liquid is absorbed.
2. Remove from heat; fluff with a fork.
3. Stir in tomato and remaining ingredients. Cover; let stand 1 hour.
4. Serve chilled or at room temperature.

Nutritional Information Per Serving (if 5 per recipe)

• 182 calories (calories from fat: 24%)
• 4.8g fat (0.6g saturated fat)
• 2.5g monounsaturated fat
• 1.1g polyunsaturated fat
• 5g protein
• 31.6g carbohydrate
• 5.3g fiber
• 0mg cholesterol
• 3.5mg iron
• 259mg sodium
• 31mg calcium

Resources

http://www.choosemyplate.gov/food-groups/grains-why.html
http://wholegrainscouncil.org/whole-grains-101/
http://www.myrecipes.com/recipe/quinoa-tabbouleh-10000000223454/