



Whole Grains

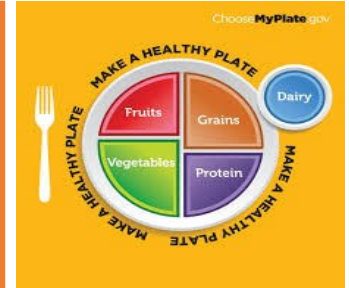
July 2024

Nutrition Corner

Non-Metro New Mexico Area Agency on Aging

Both the American Heart Association and the USDA recommend including whole grains in your daily eating patterns. The USDA created MyPlate as a visual reminder to help people choose a variety of foods each meal. It also represents what and how much to eat from the different food groups. As you can see, about half of each meal should include fruit and vegetables with a serving of protein, a serving of grains, and dairy. This is a simple way to start getting into a healthier eating pattern.

-myplate.gov



Know the Difference?

What is the difference between whole grains and refined grains? Whole grains are exactly what they sound like - "whole". When you eat whole grains, you are eating the bran, the germ, and the endosperm. The process of refining the grains strips the seed of the bran and germ, leaving only the endosperm. (See picture below) This gets rid of many of the important nutrients, including B vitamins, iron, and fiber. Make sure to read the Nutrition Facts Label on items to determine if they are whole grain.



-heart.org

The Benefits of Whole Grains

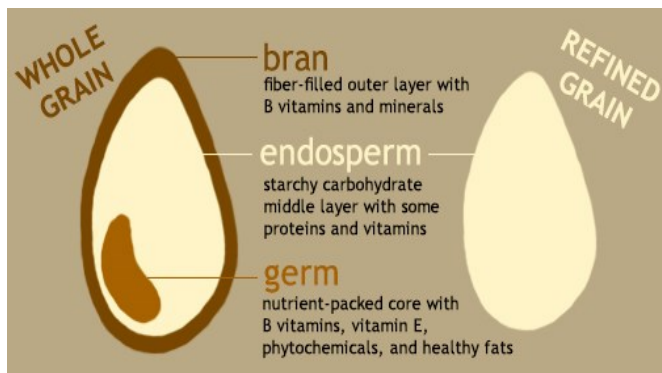
Whole grains provide fiber, vitamins, minerals, and other nutrients. Bran from any grain is a good source of fiber; however, other nutrients may vary. Some may include: Vitamin A, B vitamins, Vitamin E, Iron, Magnesium, Phosphorus, and/or Selenium. The high fiber content in whole grains may be beneficial in:

(mayoclinic.org)

- Lowering bad cholesterol
- Raising good cholesterol
- Lowering insulin levels
- Lowering blood pressure
- Creating the feeling of being full, helping with weight loss or weight management

Fiber may lower the risks of:

- ◆ Heart disease
- ◆ Strokes
- ◆ Type 2 Diabetes
- ◆ Colorectal cancer (large intestine and rectum)



For the latest newsletters, recipes, and approved menus, visit our website at:

<https://www.nonmetroaaa.com/provider-portal>

Enriched Grains

Refined grains should be enriched. This means that certain B vitamins, folic acid, and iron have been added back to the grain. However, **fiber is not added back to enriched grains**. Check the ingredient list for the word "enriched".



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Popular Whole Grains & Whole-Grain

Foods

- * Brown Rice
- * Quinoa
- * Barley
- * Bulgar (cracked wheat)
- * Whole-Grain Bread, Pasta, or Crackers
- * Whole Grain Cereals
- * Oats
- * Whole-Wheat Bread
- * Wild Rice
- * Popcorn
- * Farro
- * Millet
- * Spelt



Adding More Whole Grains to Your Menus

- ⇒ Breakfasts with whole-grain cereal, shredded wheat, or oatmeal
- ⇒ Use whole grain breads and pastas
- ⇒ Replace white rice with brown rice, wild rice, barley or other grains
- ⇒ Use barley or quinoa in soups, stews, casseroles and salads
- ⇒ Use whole-wheat tortillas instead of flour tortillas

GRAIN SALAD with FRESH LEMON and HERBS - Evergreen Kitchen

Servings: 4

Ingredients

- 1½ cup **spelt berries**, rinsed (or other grain, see note 1)
- ¼ cup extra virgin **olive oil** ¼ cup **lemon juice**
- 2 teaspoons **Dijon mustard**
- 1 teaspoon **whole grain mustard**
- ½ tsp **black pepper**
- 2 red, yellow, or orange **bell peppers**, chopped
- 1 English **cucumber**, chopped
- ¾ cup lightly packed **flat leaf parsley**, chopped
- 3 tablespoons fresh **dill**, chopped



Instructions

- Cook spelt berries:** Bring a large salted pot of water to boil over medium-high heat. Add spelt berries and boil until tender, about 30 minutes. Drain.
- 2. Make dressing:** In a large bowl, whisk together olive oil, lemon juice, Dijon mustard, whole grain mustard, salt, and pepper.
- 3. Combine:** Add drained spelt berries to dressing. Toss to coat. Add bell peppers, cucumber, parsley, and dill. Stir to mix.

Notes

- 1. Other grain substitutes:** Farro would be a great substitute for wheat berries. Alternatively, you could use barley. Check the package directions and adjust cook times accordingly as whole grains vary.
- 2. Serving suggestions:** If you're looking to add more protein to this dish, try chickpeas, cannellini beans, navy beans, or crumbled feta.