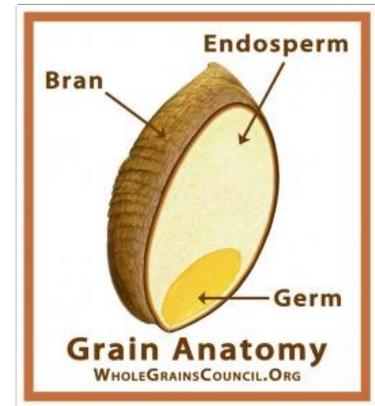


Nutrition Connection

The latest news and events from the Kendall Anderson Nutrition Center at Colorado State University

Make Half Your Grains Whole Grains

Grains can be categorized most simply as whole grains and refined grains. While refined grains are milled to remove the outer layer, whole grains contain all parts of the kernel including the bran, germ, and endosperm. It may be cracked, rolled, or ground, but a grain is still a whole grain if all parts remain present after processing. The *Dietary Guidelines for Americans* recommend making at least half your grains whole.



Why Whole Grains?

There are many benefits! These complex carbohydrates not only provide vitamins, minerals, and other nutrients to keep you healthy, but they also contain dietary fiber which helps reduce your risk for heart disease, diabetes, and other health issues.

Finding Whole Grains

A brown color does not make bread whole grain and white bread is not always entirely refined. Identifying whole grain products can be confusing and requires some practice with label reading. To make the task easier, here are some quick tips!

- **Look for the word “whole”.** In an ingredient list, a whole grain should be identified as “whole” or “whole grain” with few exceptions. For example, wheat could be listed as whole wheat or whole grain wheat. An exception to this rule is rice: whole grain rice is identified as brown rice.
- **Misleading terms.** Many products are labeled as “seven-grain” or “multigrain” but are not necessarily whole grain products. Check the label to be sure whole grain flour is the first ingredient. Other terms such as wheat, semolina, or stoneground do not mean that the grain is whole. The term enriched is never indicative of a whole grain.
- **Whole Grain Stamp.** This stamp is used on many whole grain packages. It indicates the amount of whole grain per serving, and specifies if a product is 100% whole grain.

Eat A Variety of Grains!

Whole grains are nutrient dense, but not all are created equal. Some are higher in fiber but lower in other nutrients, such as zinc or iron; others may have less fiber but be high in other vitamins and minerals. Knowing that no whole grain is perfect, try to eat a variety to maximize the health benefits.

Meals

- Substitute a whole grain for a refined one. For example, replace white rice with brown or wild rice, or white pasta with whole wheat pasta. Make sure to substitute and not add the whole grain or it may result in excess calories. Substitute up to half the all-purpose flour with whole wheat flour in baking. Baked goods made with whole grain flours can be more compact and lower in volume than those made with all-purpose flour, so may require additional liquid and leavening to compensate.
- Add whole grains to mixed dishes. For example, put barley in soups, bulgur wheat in casseroles, and quinoa in salads. You can also add whole grain crackers, bread crumbs or oats to meatloaf or as a breading for baked meats and vegetables.

Snacks

- Try 100% whole grain crackers with cheese, or choose ready-to-eat whole grain cereals. Add whole grain flour and oats to snack bars, cookies, and other baked treats. Popcorn is also a whole grain and can be a healthy snack with little or no added salt or butter.

How much do you need?

Recommended intake of grains varies from person to person and depends on age, gender, and physical activity. Most Americans consume enough servings of grains but rarely get adequate *whole* grains. General guidelines suggest 5-7 ounces of grains per day for a 2000 calorie diet, with an emphasis on making at least half those servings whole grains.

Whole Grains

- | | |
|-------------|--------------|
| ◆ Amaranth | ◆ Brown Rice |
| ◆ Barley | ◆ Rye |
| ◆ Buckwheat | ◆ Sorghum |
| ◆ Corn | ◆ Spelt |
| ◆ Farro | ◆ Teff |
| ◆ Kamut | ◆ Triticale |
| ◆ Millet | ◆ Wheat |
| ◆ Oats | ◆ Wild Rice |
| ◆ Quinoa | |

Did You Know?

Whole grains aren't only rich in nutrients, they have a rich history, too! Barley necklaces have been found buried with Egyptian mummies, amaranth was an ancient Aztec "superfood," and quinoa was referred to as the "mother of grains" by the Incas of the Andes.



Millet and Lentil Pilaf

Try this easy, delicious dish to add a new grain to your day!

Ingredients

- 2 tablespoons olive oil
- 1 cup chopped celery
- 1 cup sliced carrots
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 $\frac{3}{4}$ cups vegetable broth
- $\frac{1}{2}$ cup dried lentils, rinsed and drained
- $\frac{1}{2}$ cup millet, rinsed until water is clear, then drained
- 2 medium plum tomatoes, seeded and chopped
- 2 tablespoons chopped fresh parsley

Directions

1. Heat oil in a skillet over medium heat. Add celery, carrots, onion, and garlic and cook until tender.
2. Add broth, lentils, and millet. Heat to a boil. Cover and cook over low heat 20 minutes or until done.
3. Stir in tomatoes and parsley. Serve.

Prep time: 15 minutes

Cook time: 25 minutes

Serving Size: about 1½ cups

Number of Servings: 4



Nutrition Facts

Serving Size 1.50 cup(s) (484g)

Amount Per Serving

Calories	283	Calories from Fat	75
----------	-----	-------------------	----

% Daily Value

Total Fat	8.3g		13 %
------------------	------	--	------

Saturated Fat	1.2g		6 %
---------------	------	--	-----

Trans Fat	0.0g		
-----------	------	--	--

Cholesterol	0.0mg		0 %
--------------------	-------	--	-----

Sodium	398.7mg		17 %
---------------	---------	--	------

Total Carbohydrate	42.8g		14 %
---------------------------	-------	--	------

Dietary Fiber	11.8g		47 %
---------------	-------	--	------

Sugars	6.0g		
--------	------	--	--

Protein	10.3g		
----------------	-------	--	--

Vitamin A	104 %	Calcium	5 %
-----------	-------	---------	-----

Vitamin C	23 %	Iron	15 %
-----------	------	------	------

Photo by: <https://www.flickr.com/photos/sweetonveg/7625739820/>

Reader Q & A

Q: I don't eat wheat or grain products. Is that ok?

A: Because whole grains provide vitamins, minerals, and fiber that are not always available in other foods, it is recommended that most people eat 5-7 servings of whole grains per day. Even those with celiac disease, gluten intolerance, or wheat allergy should strive to eat a variety of whole grains, including options such as millet, quinoa, oats, and brown rice flour. Diets without grains may be deficient in B vitamins, zinc, iron, phosphorus and fiber. Talk to a dietitian if you need help with planning your diet.

Do you have a question for us? Email us at nutritioncenter@colostate.edu

Scheduling Now!

Dining with Diabetes

There are a few spots left in this program. If you or someone you love has type 2 diabetes, pre-diabetes, or gestational diabetes, you don't want to miss this! Four weekly classes help you achieve a healthier lifestyle while controlling your diabetes. Topics include diabetes management, nutrition education, menu planning, portion control, and a hands-on cooking class (with dinner!) each week.

- Dates: Thursdays, April 17-May 8
- Time: 6-7:30 pm
- Cost: \$100 (\$75 for CSU students and employees)
- Get a friend to sign up and you pay only \$50

Cooking Class: Tastes of the U.S. Far West

Travel to California and Hawaii with us to explore popular foods and flavors. We make them healthier but you still enjoy the colors and tastes!

- Date: April 23
- Times: 12-1 pm or 6-7 pm
- Cost: \$25 per class (\$12 for CSU students and employees)

Resting Metabolic Rate

State of the art equipment determines your basic calorie needs in a 30-minute appointment, and we provide recommendations based on your activity or weight goals.

- Cost: \$100 (\$50 for CSU students and employees)

Classes fill up fast, so sign up online or call soon to reserve your spot!

Location for all activities: Room 114 Gifford building on the CSU campus

Like us on Facebook for weekly nutrition tips!

Visit our website for more information: www.nutritioncenter.colostate.edu

