

## Check this list for tips to add whole grains to meals and snacks

- Substitute a whole grain product for a refined product—such as whole-wheat bread for white bread. It's important to substitute the whole-grain product rather than adding the whole-grain product.
- Choose whole grain cereal for breakfast on most days
- Try brown rice or whole wheat pasta
- Add barley to vegetable soups or stew
- Add bulgur wheat to casseroles or stir fries
- Substitute whole wheat or oat flour for up to half of flour in pancakes, waffles, muffins, etc. (They may need a little more leavening.)
- Use whole-grain bread or cracker crumbs in meat loaf
- Snack on ready-to-eat whole grain cereals
- Add whole grain flour or oatmeal when making cookies or baked treats
- Try a whole-grain snack chip, such as baked tortilla chips
- Try popcorn with little or no added salt and butter
- Prepare a whole grain side dish



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# MAKE HALF YOUR GRAINS WHOLE



Grains can be purchased either whole grain or refined grain. Most people over the age of 8 should eat 3 ounces of whole grains a day. Get the whole grains in your menus first and then add enriched refined grains to meet your total needs for the day.

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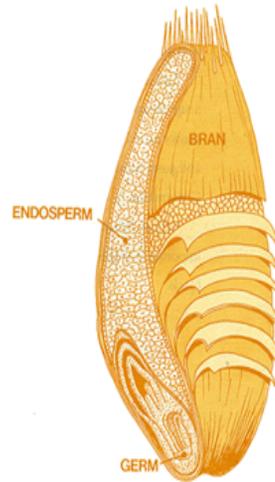
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## Whole grains contain the entire grain kernel.

- **Bran**—outer shell: fiber, B vitamins, trace minerals
- **Germ**—nourishment for seed: B vitamins, Vitamin E, antioxidants
- **Endosperm**—interior: carbohydrate, protein



## What are examples of whole grains?

- Whole wheat flour or graham flour
- Bulgur (cracked wheat)
- Oatmeal
- Popcorn
- Whole grain barley
- Whole grain cornmeal
- Brown rice
- Wild rice
- Whole rye
- Millet
- Quinoa
- Buckwheat



Foods labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not whole-grain products.

## Why Eat Grains, especially Whole Grains?

### Grains are rich in nutrients

- Dietary Fiber—important to proper bowel function and giving a feeling of fullness with less calories
- B vitamins (thiamin, riboflavin, niacin, and folate)
- Iron
- Magnesium

### Grains provide health benefits

Eating grains, especially whole grains, as part of a healthy diet provide health benefits.

- Reduces risk of coronary heart disease
- May reduce constipation
- May help with weight management

### Use the Nutrition Facts label

- ◆ Choose products with a higher % Daily Value for fiber
- ◆ Choose foods with fewer added sugars, fats, or oils
- ◆ Choose packaged foods with lower %DV for sodium

### Refined grains have bran and germ removed

- ◆ Dietary fiber, iron and many B vitamins are removed in the milling
- ◆ Gives a finer texture to flour
- ◆ Has a longer shelf life

With refined grains, look for enriched included in the grain name on the label. This means iron and some B-vitamins--thiamin, riboflavin, niacin, and folate are added back after processing. Eating grains fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.

### Menu Idea

Veggie Pita Pocket  
Apple Wedges  
Lowfat Milk

## Veggie Pita Pocket

Number of servings will vary, ½ pita each; Total Fat: 7.4 grams, Sodium: 276 milligrams, Carbohydrate: 22.8 grams

Whole-wheat or white pita bread cut in half  
Spinach or mixed greens, cut or broken into small pieces  
Tomato, cut into small chunks  
Green pepper, cut into small pieces  
Onion, chopped  
Carrots, shredded  
Cucumbers, sliced very thin or chopped small  
Vegetable-flavored cream cheese  
Mozzarella cheese, shredded

Open one of the pitas and spread 1 tablespoon cream cheese on the inside. Add vegetables of your choice. Add 1 tablespoon mozzarella cheese to the top of vegetables. Microwave for 15 seconds or until mozzarella cheese begins to melt.

**Friendly Note:** All ages like this sandwich. Teenagers who do not usually eat vegetables like this recipe. Also try this recipe with tuna salad, cooked chicken or turkey, or different vegetables.



### Menu Idea

Low-calorie Chicken with Wild Rice  
French Style Green Beans  
Sliced Strawberries over Angel Food Cake  
Lowfat Milk

## Low-Calorie Chicken with Wild Rice

Makes 4 servings (1 breast per serving), 450 calories, 10 grams fat, 28 grams carbohydrates

2/3 cup wild rice, uncooked  
1 large green pepper, coarsely chopped  
4 ribs celery, coarsely chopped  
1-1/2 cups chicken broth or bouillon  
1 (10-1/2 ounce) can low-fat cream of mushroom soup  
4 chicken breast halves  
Soy sauce  
2 green onions and some of the green tops, finely sliced. (Be sure to wash thoroughly.)

Combine the rice with the pepper, celery, cream of mushroom soup, and chicken broth in a lightly buttered 2 to 2 ½ quart casserole. Brush chicken breasts with soy sauce, immerse in rice. Cover and bake at 350 degrees F. for 1 to 1-1/2 hours or until rice is done. Serve sprinkled with sliced green onions and pass soy sauce to go over rice and chicken.

### Menu Idea

Beef & Barley  
Vegetable Soup  
Whole Grain Crackers  
Canned Peaches  
Lowfat Milk

## Beef & Barley Vegetable Soup

1 pound beef stew cubes or chuck steak, cubed  
1 Tablespoon canola or olive oil  
2 quarts (8 cups) water  
Salt and pepper to taste  
2 tablespoons minced parsley  
1/4 cup pearl barley  
1 cup cubed carrots  
1/4 cup chopped onion  
1/2 cup chopped celery  
2 cups tomatoes, chunked  
1 cup fresh or frozen peas

Brown meat lightly in hot oil. Put meat, water, seasonings, parsley and barley in soup kettle. Cover tightly and cook slowly one hour. Add carrots, onion, celery and tomatoes. Cook 45 minutes. Add peas and cook 15 minutes. Serve.

### Menu Idea

Whole Wheat Pancakes  
Applesauce  
Poached or Scrambled Egg  
Lowfat Milk

## Whole Wheat Pancakes

2 cups whole wheat flour  
1 teaspoon salt  
2 teaspoons baking powder  
1/2 teaspoon soda  
2 cups buttermilk  
2 eggs  
2 Tablespoons oil  
1 Tablespoon honey

Preheat griddle. Mix dry ingredients. Mix wet ingredients. Add together and mix well. Cook on hot griddle.



## Bran Cereal Muffins

1 cup whole bran cereal  
1/4 cup oil  
1-1/4 cup whole wheat flour  
1/4 teaspoon baking soda  
1 cup milk  
1/4 cup honey  
2 teaspoons baking powder  
1 egg  
1/2 teaspoon salt

Preheat oven to 400 F. Grease muffin tins. Stir bran cereal and milk together in a bowl. Let stand a minute or two. Add egg, oil and honey. Stir remaining ingredients together until well mixed. Add to liquid mixture and stir only until mixed. Put into muffin tins. Bake about 20-25 minutes or until lightly brown. Makes 12 medium-size muffins. Calories 135 per muffin.

### Menu Idea

Easy Turkey/Chicken and  
Brown Rice Casserole  
Mixed Greens Salad with  
Grape Tomatoes  
Lowfat Milk

## Easy Turkey/Chicken & Brown Rice Casserole

Nutrients per serving: 275 calories, 7 grams fat, 23% calories from fat; 6 servings

3 cups cooked brown rice  
3/4 cup sliced celery  
1/4 cup sliced onion  
1/4 cup chopped green pepper  
1/4 cup chopped red pepper  
8 ounces fresh mushrooms, sliced, -  
or canned  
2 Tablespoons vegetable oil  
2 cups cooked, cubed chicken or  
turkey  
1/2 cup lite salad dressing  
1 can (10 ¾ oz.) reduced fat cream  
of chicken soup

Preheat oven to 350 degrees F.  
Prepare rice according to  
package directions. Set aside.  
Sauté celery, onions, peppers  
and mushrooms in oil. Add  
remaining ingredients. Fold in  
rice. Pour into an oiled 1½ quart  
baking dish. Bake for 20  
minutes.



### Menu Idea

Baked Pork Chop  
Wheat Pilaf  
Steamed Broccoli  
Orange Wedges  
Lowfat Milk

## Wheat Pilaf



2 Tablespoons butter  
1/2 pound sliced mushrooms  
1/2 teaspoon salt  
1/2 cup chopped green  
onions  
1 cup bulgur (toasted cracked  
wheat)  
2 cups water

Sauté onions and mushrooms in  
butter until brown. Stir in bulgur  
and salt, then stir for one minute.  
Add water and bring to a boil,  
stirring constantly. Cover and  
place in 350-degree oven for 20-  
25 minutes.

## Whole Millet

(It's often eaten like rice and was the  
staple of China before rice became  
predominant.)

1 cup whole millet  
2 cups boiling water  
2 teaspoons melted butter or  
safflower oil

In a heavy skillet heat 1 tsp. of  
oil, add the millet and toast gently  
until the grain is tan. Bring the  
water to a boil in saucepan, add  
remaining oil and grain. Stir;  
cover and simmer gently for 25-  
30 minutes to desired texture or  
until all of the water is absorbed.

### Menu Idea

Chili  
Cornbread  
Kiwi Slices  
Lowfat Milk

## Easy Corn Bread

1 ½ cups all-purpose flour  
3/4 cup enriched corn meal  
1/4 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon salt (optional)  
1 cup skim milk  
1/4 cup vegetable oil  
2 egg whites or 1 egg, beaten

Heat oven to 400 degrees F.  
Grease 8 or 9-inch pan. Combine  
dry ingredients. Stir in milk, oil and  
egg, mixing just until dry ingredients  
are moistened. Pour batter into  
prepared pan. Bake 20 to 25  
minutes or until light golden brown  
and wooden pick inserted in center  
comes out clean. Serve warm.  
9 Servings.

## Quinoa (gluten free)

Place 1 cup red quinoa and 2 cups  
water in a 1½ quart saucepan and  
bring to a boil. Reduce to simmer  
until all water is absorbed (about 15  
minutes). When done the grain  
appears soft and the red becomes  
translucent. The germ ring will be  
visible along the outside edge of the  
grain.

For additional flavor, substitute  
chicken broth or vegetable stock for  
the water.

### Snack Idea

Peanut Butter Tortilla  
or Peanut Butter and  
Banana Toast  
Lowfat Milk

## Peanut Butter Wheat Tortilla

1 serving, 250 calories, 35 grams  
carbohydrate, 10 grams fat

1 whole wheat or flour tortilla  
1 Tablespoon peanut butter  
2 Tablespoons applesauce  
1 Tablespoon raisins  
Dash of cinnamon

Warm tortilla in microwave.  
Spread remaining ingredients  
in center of tortilla. Roll and  
enjoy.

## Peanut Butter and Banana Toast

1 slice whole-grain bread, toasted  
1 Tablespoon peanut butter  
1 small banana, sliced

Spread peanut butter on toast.  
Arrange sliced bananas on top.

