

## 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



# 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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## Nutrition Education Program

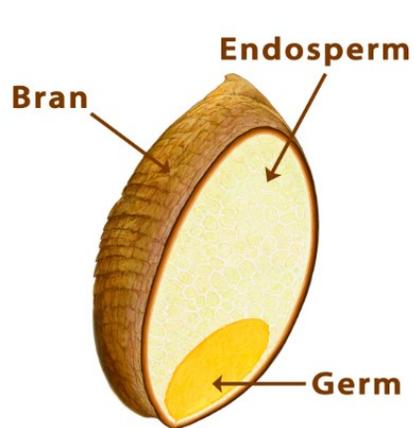
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FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program – EFNEP.

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These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>  
& <https://spendsmart.extension.iastate.edu/recipes/>



## 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 labels 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 Grain?

### 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 a part of a health diet provide health benefits.

- Reduce 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 food with fewer added sugars, fats, or oils
- Choose packaged food 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**  
Chili  
Cornbread  
Kiwi Slices  
Low fat Milk

### Easy Cornbread

1½ cups all-purpose flour  
¾ cup enriched corn meal  
¼ cup sugar  
2 teaspoons baking powder  
½ teaspoon salt (optional)  
1 cup skim milk  
¼ cup vegetable oil  
2 egg whites or 1 egg, beaten

Heat oven to 400°. 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 20-25 minutes or until light golden brown and wooden pick inserted in center comes out clean. Serve warm, makes 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.

**Menu Idea**  
Peanut Butter Wheat Tortilla  
or Peanut Butter and Banana  
Toast  
Low fat 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

**Menu Idea**  
Veggie Pita Pocket  
Apple Wedges  
Low fat Milk

### Veggie Pita Pocket



Number of servings will vary, ½ pita each; 7.4 grams of fat, 276 mg sodium, 22.8 grams carbohydrates

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, chipped  
Carrots, shredded  
Cucumbers, sliced very thin or chopped small  
Vegetable-flavored cream cheese  
Mozzarella cheese, shredded

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

Tip: Try with tuna salad, cooked chicken or turkey, or different vegetables.

**Menu Idea**  
Chicken with Wild Rice  
Green Beans  
Sliced Strawberries over  
Angle Food Cake  
Low fat Milk

### Low-Calorie Chicken with Wild Rice (4 servings)

Per serving: 450 Calories, 10 grams of fat, 28 grams carbohydrates

2/3 cup wild rice, uncooked  
1 large green pepper, coarsely chopped  
4 ribs celery, coarsely chopped  
1½ cups chicken broth of bouillon  
1 (10½ 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 and washed thoroughly.

1. Combine the rice with the pepper, celery, cream of mushroom soup, and chicken broth in a lightly buttered 2 to 2½ quart casserole.
2. Brush chicken breasts with soy sauce, immerse in rice.
3. Cover and bake at 350° for 1 to 1½ hours or until rice is done.
4. Serve sprinkled with sliced green onions and soy sauce.

**Menu Idea**  
**Beef & Barley Vegetable Soup**  
**Whole Grain Crackers**  
**Canned Peached**  
**Low fat 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
- ¼ cup pearl barley
- 1 cup cubed carrots
- ¼ cup chopped onion
- ½ cup chopped celery
- 2 cups tomatoes, chunked
- 1 cup fresh or frozen peas

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

**Menu Idea**  
**Whole Wheat Pancakes**  
**Applesauce**  
**Poached or Scrambled Egg**  
**Low fat Milk**

### Whole Wheat Pancakes

- 2 cups whole wheat flour
- 1 teaspoon salt
- 2 teaspoon baking powder
- ½ teaspoon baking 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



### Bran Cereal Muffins

- |                           |                           |                 |
|---------------------------|---------------------------|-----------------|
| 1 cup whole bran cereal   | 1 cup milk                | 1 egg           |
| ¼ cup oil                 | ¼ cup honey               | ½ teaspoon salt |
| 1-¼ cup whole wheat flour | 2 teaspoons baking powder |                 |
| ¼ teaspoon baking soda    |                           |                 |

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 Green Salad with Grape Tomatoes**  
**Low fat Milk**

### Easy Turkey/Chicken & Brown Rice Casserole (6 servings)

*Per serving:*  
 275 Calories, 7 grams of fat

- 3 cups cooked brown rice
- ¾ cup sliced celery
- ¼ cup sliced onion
- ¼ cup chopped green pepper
- ¼ cup chopped red pepper
- 8 ounces fresh mushrooms, sliced or canned
- 2 Tablespoons vegetable oil
- 2 cups cooked, cubed chicken or turkey
- ½ cup light salad dressing
- 1 (10½ ounce) can reduced fat cream of chicken soup

Preheat oven to 350°. 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



**Menu Idea**  
**Baked Pork Chop**  
**Wheat Pilaf**  
**Steams Broccoli**  
**Orange Wedges**  
**Low fat Milk**

### Wheat Pilaf

- 2 Tablespoons butter
- ½ pound sliced mushrooms
- ½ teaspoon salt
- ½ 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° 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.