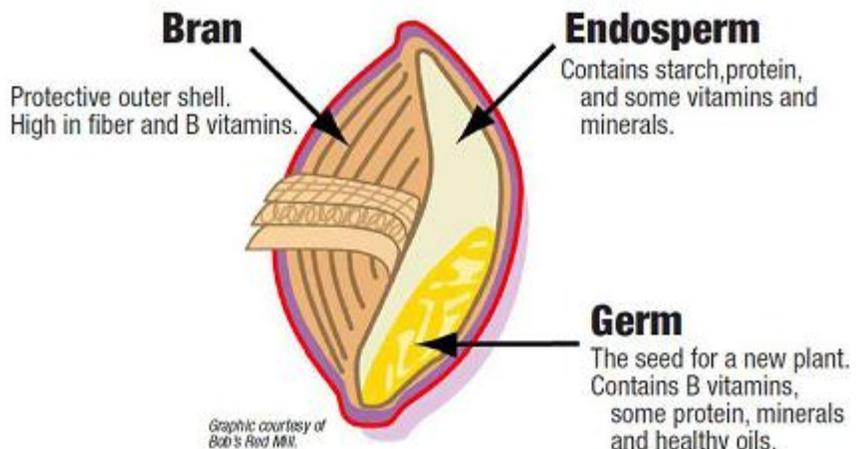


Identifying Whole Grains



Why choose whole grains?

Whole grains provide our bodies with fiber, vitamins, minerals, protein and healthy fats. This month, your student learned how to identify foods that contain whole grains.

What is a whole grain food?

A whole grain food, like whole wheat bread or brown rice, contains the entire grain and its nutrients. Often grains are processed and stripped of the bran and germ, leaving only the endosperm. Many processed foods are made with only the endosperm.

What does enriched mean?

Some foods like white bread or crackers are put through a manufacturing process that removes parts of the whole grain. When parts of the grain are removed, nutrients are lost. Food companies add back in some vitamins and minerals to make up for what was lost. These foods are called enriched grains.

To know if a food is a whole grain, make sure to read the ingredient list. Look for grain names like barley, oatmeal, wheat berries, brown rice, or words like 100% whole wheat. Watch out for words like enriched or refined on the package.

INGREDIENT LIST: 100% WHOLE GRAIN WHOLE WHEAT FLOUR, WHOLE GRAIN ROLLED OATS (WITH OAT BRAN), WATER, SUGAR, WHEAT GLUTEN, YEAST, 2% OR LESS OF THE FOLLOWING: NON-HYDROGENATED SOYBEAN OIL, SALT, HONEY, DOUGH CONDITIONERS

Here's a delicious and nutritious whole grain recipe to try for breakfast tomorrow.

Apple Pie Oatmeal

2 cups steel cut oats
4 cups of water
1 apple, sliced into bite-sized pieces
Honey or brown sugar to taste
1 teaspoon cinnamon
½ cup raisins
One 8-ounce bag of chopped walnuts



Put oats, water, apple, cinnamon and raisins in saucepan. Follow directions on oats packaging for cooking time. When oats are done, fluff, add walnuts and drizzle with brown sugar or honey. Enjoy!