

G is for Great Grains!

Presented by the Dietitians from Froedtert & Community Memorial
April 2005

Facts:

- On average, Americans consume only 1 serving of whole grains daily. The recently released *USDA Dietary Guidelines for Americans* encourage Americans to increase their intake of whole grain foods.
- Whole grain foods give nutritional benefits of the *entire* grain --vitamins, minerals, dietary fiber, and other natural plant compounds called *phytochemicals*.
- Fiber helps to slow down digestion and absorption of foods, which may help balance energy peaks and crashes (improve blood sugar control).
- Diverticulitis was first noticed in the 1900s in the USA. This is about the same time processed foods were introduced into the American diet. Unlike whole wheat flour, refined flour contains no wheat bran. The disease is rare in Asia and Africa, where people eat a high fiber diet. In North America, this painful disease is estimated to occur in 50% of all Americans over age 60. For most people with the disease, eating a high fiber diet (20-35 grams per day) is the only treatment needed.

The Goodness of Whole Grains

Whole grains may help reduce the risk of heart disease and certain cancers. Whole grains are made up of all parts of the grain--the bran (or fiber-rich outer layer), the endosperm (middle part) and the germ (the nutrient-rich inner part). When grains are milled, or refined, the bran and germ portions are removed, leaving only the endosperm (this is your white breads and most wheat breads). By contrast, whole grain foods contain all three layers of the grain. When you eat a variety of whole grain foods, you get the nutritional benefits of the entire grain. Whole grains contain many other natural plant compounds called phytochemicals. Scientists believe phytochemicals in whole grains, together with the vitamins, minerals, and dietary fiber, may contribute to whole grains' health benefits.

Labels Can Help You Get More Whole Grains

Check out food labels to help you choose more whole grain foods each day. Look at both the *Ingredient List* and the *Nutrition Facts* panel and try to choose foods that list a whole grain as the first ingredient. Some whole grain ingredients to look for include:

- Whole wheat
- Whole barley
- Whole oats
- Cracked wheat
- Graham flour
- Whole cornmeal

Also look for a "whole grain" claim on other parts of the package labels. For qualifying foods, the government has approved a health claim that recognizes the health benefits associated with diets rich in whole grains. This claim makes it easier for you to identify foods that are rich in whole grains. The health claim states: "Diets rich in whole grain foods, and other plant foods and low in total fat, saturated fat, and cholesterol, may help reduce the risk of heart disease and certain cancers."

Breakfast Grains – A great way to get the grain!

Whole-wheat cereals, including shredded wheat, are an ideal whole grain choice for breakfast. A breakfast comprised of a bowl of whole-wheat cereal with milk and fruit supplies about 6 grams of fiber. Health experts recommend that adults eat 20 to 35 grams of dietary fiber daily, but on average Americans eat only about 15 grams a day. Boost your fiber intake by adding one or two servings of whole-grain foods.

Enjoy Healthy Eating & Snacking with Whole Grains

The foundation of a nutritious diet begins with grain products--cereal, rice, bread, and pasta--and are typically low in fat, saturated fat, and cholesterol. Grain foods provide carbohydrates the body needs for energy and essential vitamins, minerals, and dietary fiber. The Food Guide Pyramid recommends that adults eat six to 11 servings of grain foods daily; the majority of those servings should be whole grains. Here are some tips to help you get more whole grains each day:

- Stock your pantry with staples made from whole grains: cereal, brown rice, whole wheat pasta low fat whole-wheat crackers, whole grain breads, and rolls.
- When eating away from home, select a whole grain cereal for breakfast.
- Make a habit of requesting foods made from whole grains like whole wheat breads and rolls and brown rice as meal accompaniments.

Refrigerator Bran Muffins

Serving size: 1 muffin

Makes 28 muffins

- 1 cup all-Bran® Cereal
- 1 cup boiling water
- 1/2 cup Egg Beaters® 99% egg substitute
- 2 cups buttermilk
- 1 cup sugar
- 1/2 cup canola oil
- 1 1/2 cups whole wheat flour
- 2 1/2 teaspoons baking soda
- 1/2 teaspoon salt – optional
- 1 cup dried fruit – optional
- 2 cups Bran Buds®

1. Preheat oven to 375 degrees. In small bowl, pour boiling water over the All Bran cereal and let stand until softened.
2. In a large bowl, mix eggs, buttermilk, sugar and oil. Add the All Bran mixture to the egg mixture. Stir in the next four ingredients, just until moistened. If using dried fruit, add during this stage.
3. Stir in Bran Buds or 100% bran cereal.
4. Pour ¼ cup batter into muffin tins or tins line with cupcake papers. Bake for 15 minutes at 375 degrees.

Per Serving: 125 Calories; 4g Fat (28.7% calories from fat); 3g Protein; 22g Carbohydrate; 4g Dietary Fiber; 1mg Cholesterol; 223mg Sodium.

NOTES: Batter may be covered and stored in refrigerator for up to three weeks and baked as needed.