

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

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Whole Grain Foods

At least half of the grains you eat should be whole grains.



Whole grains contain the entire grain kernel. Examples of **whole grain** foods:

- Oatmeal
- Brown rice
- Popcorn
- Bulgur (cracked wheat)
- Whole-wheat flour



- Whole-wheat bread
- Whole-wheat pasta
- Whole-wheat tortillas
- Whole-grain cornbread
- Whole-grain corn tortillas



Refined grains are processed (milled) so part of the grain kernel is removed.

Examples of **refined grain** foods:

- Grits
- Pasta
- Cornbread
- Corn flakes



- Flour tortillas
- White flour
- White bread
- White rice



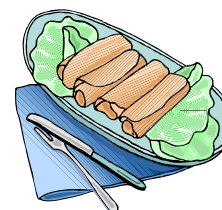
WHOLE GRAIN SMART: Read labels carefully to make sure the products you buy are whole grain. Look at the list of ingredients to see what grains or cereals a food contains. Make sure whole grains appear first on the list of ingredients.

Veggie Wraps 1 serving

- 1 (6"-8") whole-wheat tortilla
- 1 teaspoon low-fat mayonnaise
- 1 teaspoon low-fat sour cream

- 1/2 cup chopped vegetables (tomato, green pepper, carrot, onion, etc.) and/or beans
- 2 tablespoons grated cheese

1. Mix together mayonnaise and sour cream. Spread on tortilla.
2. Top with vegetables and/ or beans and cheese.
3. Roll tortilla for a sandwich.
For lunch serve with a glass of milk and fruit.



NUTRITION FACTS (per serving made w/carrot, tomato) - Calories 140 ~ fat 3.5 g ~ calories from fat 35 ~ sodium 330 mg ~ total carbohydrate 26 g ~ fiber 3 g

Add Flavor to Grains (Rice, Pasta, Couscous, Barley):

- Cook grains in reduced sodium broth or tomato juice.
- Add 1/2 to 1 teaspoon curry powder, cumin, thyme, mace **or** turmeric to cooking liquid with each cup of rice grains.
- Add chopped onions, garlic, celery, carrots or mushrooms to grains at the start of cooking.
- Add 1 tablespoon of dried parsley flakes.
- Stir a small amount of plain low-fat yogurt into grains **after** cooking.



Add Whole Grains to Your Diet

- Make some dishes with whole-grain pasta. (Try seasoning whole-grain pasta with garlic, butter and parmesan cheese.)
- Try low-fat granola-type cereals as a topper for fruit-flavored or frozen yogurt.
- For breakfast, have a bowl of oatmeal or whole-wheat bread with jelly.
- Eat a bowl of whole-grain cereal anytime, day or night.
- Grab a whole-grain bagel or muffin for breakfast or snack.
- Serve brown rice in place of white rice.
- Snack on whole-grain crackers.

