

# Great Grains

## Great Grains in Your Diet:

1. Whole-grain breads
2. Whole-grain pasta
3. Whole-grain bagels or muffins
4. Oatmeal and other whole-grain hot cereals
5. Whole-grain crackers
6. Brown rice
7. Whole-grain cold breakfast cereals



## Add Flavor to Whole Grains:

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

## Add Whole Grains to Your Diet:

1. Make some dishes with whole-grain pasta.
2. Eat a bowl of whole-grain ready-to-eat cereal anytime, day or night.
3. Grab a whole-grain bagel or muffin for breakfast or snack.
4. Snack on whole-grain crackers
5. Try low fat granola-type cereals as a topper for fruit-flavored or frozen yogurt.
6. For breakfast, have a bowl of oatmeal or whole-wheat bread with jelly.

## Storage:

Store bread at room temperature in a tightly sealed bag or container. If you are planning to keep your bread longer than 1 week you should freeze the bread. Cereal, rice, and pasta should be stored in tightly closed containers.

## Tips for Cooking Rice or Pasta:

1. Do not wash rice before cooking (unless specifically told in the package directions) and do not rinse after cooking. Use only the amount of water that will be absorbed by the rice.
2. Cook pastas with large quantities of water. Cook the pasta according to package directions. Test pasta for firmness. Do not overcook pasta or it will become sticky.



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