

# Great Grains - Handout I

## **Add Grains to Your Diet:**

1. Build two sandwiches with lighter ingredients.
2. Make pasta your main course three times a week.
3. Grab a bagel or low fat muffin for breakfast or snack.
4. Serve oriental noodles with fresh vegetables.
5. Snack on crackers or pretzels.
6. Try low fat granola-type cereals as a topper for fruit-flavored or frozen yogurt.
7. For breakfast, have a bowl of instant cooked cereal or whole-wheat bread with jelly.

## **Add Flavor to Whole Grains:**

1. Cook grains in unsalted 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. Use 1 tablespoon of dried parsley flakes or 1/8 teaspoon of saffron.
5. Stir a small amount of plain low fat yogurt into rice or grains after cooking.



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