

Eat the whole grain!

The Dietary Guidelines for Americans 2010 recommend that at least half of the grains you eat be whole grains. Why? People who eat more whole grains tend to have a lower body weight than those who eat few whole grains. Whole grains also seem to help prevent heart disease, diabetes and some cancers.

Whole grains have the entire seed of the grain, including the bran (protective outer shell) and germ (the seed for a new plant). Bran is high in dietary fiber and B vitamins; the germ has protein, vitamins, minerals and healthy oils. Bran and germ are usually removed when a grain is milled or refined. Almost all refined-grain foods are enriched, with B vitamins and iron added.

Adults should **eat about six servings of grain per day, and at least half should be whole grains**. One serving is one small slice of bread or ½ cup of cooked pasta or rice. Most Americans eat enough grain, so whole grains should *replace* servings of refined grains, not be added on top of them.

Try more than just whole wheat bread and brown rice! Look to **old favorite foods** like popcorn and oatmeal. Some other favorites like cornmeal are available in whole grain as well as refined form. Make a **side dish, pilaf or risotto** from quinoa, bulgur, barley, millet, or sorghum. Try a **whole grain salad** like

tabouli, made from bulgur, quinoa, farro, wild rice, kamut or kasha. Cook grains as a **hot cereal** like amaranth, sorghum, millet, buckwheat or wild rice. Or cook **grits** using cracked grains or meal of barley, wheat, millet or rye. Add cooked grains to **soups**, and use oats or whole-grain bread crumbs in **meatloafs, meatballs and burgers**. When you **bake**, you can **substitute** whole wheat flour for half the all-purpose flour, or oats for one-third of the flour. Or try baking with whole grain flours like spelt.

Whole grains have a different taste and texture, so allow time to adjust. Here are some ideas:

- Try different brands of pasta, bread or flour.
- Make sandwiches with one slice of your usual bread and one of whole grain bread.
- Try a blended white and whole grain pasta.
- Use white whole wheat flour or whole wheat pastry flour for taste and texture similar to all purpose flour.

For more information: Dietary Guidelines for Americans 2010, USDA and DHHS; Lean and Fit newsletter, www.washingtonpost.com. The Whole Grains Council, www.wholegrainscouncil.org is an industry-funded organization with some good ideas and recipes. Note that food producers must pay to display the Whole Grain Council symbol on their products.

Recipe of the Week : Southwestern Turkey Meatloaf

8 servings

½ cup old fashioned oats
2 egg whites, beaten till frothy
1 can (14 oz.) diced tomatoes
1 ¼ pounds lean ground turkey
1 to 2 teaspoons chili powder
1 teaspoon oregano
1 package (10 oz.) frozen spinach, defrosted, squeezed dry and chopped fine
½ cup corn kernels
¼ cup chili sauce, ketchup or barbecue sauce

1. Preheat oven to 375 degrees.
2. In a large bowl combine oats, egg whites, and

- tomatoes. Add turkey, chili powder, oregano, spinach and corn, and salt and pepper to taste. Mix till well blended.
3. Place in 8x5x3 loaf pan sprayed with cooking spray. Gently pat down.
4. Bake uncovered for 45 minutes.
5. Remove from oven. Spread sauce or ketchup over the top. Return to oven and continue baking for 15-20 minutes.
6. Cool 15 minutes before slicing.

Nutrition information:

Calories: 150 Total Fat: 5g Saturated Fat: 2g
Carbohydrates: 10g Fiber: 2g Protein: 17g

Tip of the Week Self-control is usually an important part of sticking with your exercise plan. Studies suggest that people have more self-control when they are in a good mood. Try listening to music that makes you happy, talking with an upbeat friend, or read, watch or listen to something funny to give yourself that extra boost of motivation. *– adapted from www.webmd.com*