

The Scoop on Whole Grains

Whole grain foods are recommended as part of healthy eating, and they're easy to find, yet nine out of ten Americans don't eat recommended amounts. According to nutrition experts, eating at least three servings of whole grain foods each day can help reduce the risk for heart disease, cancer and diabetes, and may help with weight management.

What Makes a Grain Whole?

Any grain, such as wheat, oats, corn and rice, is considered "whole" when it includes the right proportion of all three parts of the grain: bran, endosperm and germ. Each part of a grain kernel contributes to the "bundle" of nutrients in whole grains, including fiber, B vitamins, protein, vitamin E, trace minerals and other healthful plant substances. So, eating foods made from whole grain gives you the nutritional benefits of the entire grain. When grains are refined, the bran and germ portions are removed, along with important nutrients, leaving only the endosperm (e.g., refined white flour).



Greek-Style Couscous Salad

- Try polenta, corn bread or corn cakes made with whole cornmeal.
- Be adventurous and try a variety of whole grains, like whole grain barley, whole wheat bulgur, kasha (buckwheat), triticale, quinoa and wheat berries (wheat kernels).
- Use whole grain bread crumbs, crackers or oats in meatloaf, meatballs and hamburgers.
- Try ground oats, cornmeal or crushed whole grain crackers or unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets or eggplant Parmesan.
- Bake your own whole grain chips using whole wheat pita bread, bagel slices or tortillas.

Choosing Whole Grain Foods

Many of today's grain foods are available in whole grain varieties, including breads, cereals, pasta, crackers, tortillas, pancakes, waffles and muffins. Choose **MyPlate.gov** advises at least three servings of whole grains per day.

Get Your Daily Grain

Any way you pour, slice or spoon them, foods made with whole grains offer health benefits that go a long way toward helping you live well. Try some of these tasty ways to make whole grains a regular part of your day.

- Rise and dine on whole grain cereal to get the first of your three daily servings of whole grains.
- Use whole grain pasta, barley or bulgur in soups, stews, casseroles and salads.
- Make the switch to brown rice, or try a combination of brown and white rice.
- When you make bread, muffins, biscuits, cookies, pancakes or waffles, substitute whole wheat flour for half of the white flour.
- Take a whole grain to lunch—a sandwich on whole grain bread, tortillas or pita bread. For a gradual switch, try a combo sandwich with one slice of whole grain bread and one slice of white bread.
- Snack on whole grains, such as popcorn, low fat granola made with whole oats, multigrain or brown rice cakes or snack mixes made with whole grain cereal.

A serving of whole grain...	Is equal to*...
Cereal	1 cup flakes or rounds, 1¼ cup puffed, ½ cup cooked
Bread	1 slice of bread, 1 small roll or "mini" bagel, ½ of a bun, pita or English muffin
Tortilla	1 small (6-inch) flour or corn tortilla
Pasta or brown rice	½ cup cooked
Crackers	5-7 crackers
Pancakes or waffles	1 pancake or waffle (4½-inch diameter)
Muffins	1 small muffin (2½-inch diameter)
*These serving amounts also apply to refined grains.	

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These Healthy Living recipes feature whole grain ingredients and are packed with flavor.

Creamy Chicken, Bacon & Tomato Pasta



Prep: 20 min. **Makes:** 4 servings, 1-3/4 cups each

- 3 cups whole wheat farfalle (bow-tie pasta), uncooked
- 1 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 3 slices OSCAR MAYER Bacon, cooked, crumbled
- 1 can (14-1/2 oz.) No Added Salt Italian-style diced tomatoes, undrained
- 4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Neufchatel Cheese, cubed
- 1/2 cup water
- 1/4 tsp. pepper
- 3 Tbsp. KRAFT Grated Parmesan Cheese

COOK pasta as directed on package, omitting salt.

MEANWHILE, cook chicken in large skillet on medium heat 5 to 6 min. or until done, stirring occasionally. Add next 5 ingredients; mix well. Cook 3 min. or until Neufchatel is completely melted and mixture is well blended, stirring frequently.

DRAIN pasta; place in large bowl. Add sauce; mix lightly. Sprinkle with Parmesan.

Nutrition Bonus: This tasty meal, made with lean meat and whole wheat pasta, can fit into a healthful eating plan.

Nutrition Information Per Serving: 560 calories, 14g total fat, 7g saturated fat, 95mg cholesterol, 440mg sodium, 69g carbohydrate, 8g dietary fiber, 10g sugars, 43g protein, 15%DV vitamin A, 10%DV vitamin C, 15%DV calcium, 30%DV iron.

Exchange: 4 Starch, 1 Vegetable, 4 Meat (L), 1 Fat

Greek-Style Couscous Salad



Prep: 25 min. **Total:** 1 hr. 25 min.

Makes: 6 servings, about 1 cup each

- 1 cup whole wheat couscous, uncooked
- 1 cup halved cucumber slices
- 1 large tomato, chopped
- 1 pkg. (4 oz.) ATHENOS Crumbled Reduced Fat Feta Cheese
- 1 tsp. dill weed
- 1/2 cup KRAFT Lite House Italian Dressing

COOK couscous as directed on package, omitting the salt and butter. Fluff with fork. Place in large bowl; cool 10 min.

ADD remaining ingredients; toss lightly.

REFRIGERATE 1 hour.

Substitute: 1 Tbsp. chopped fresh dill or mint for the dill weed.

Nutrition Bonus: This tasty salad is a great way to introduce your family to whole wheat couscous, a good source of fiber.

Nutrition Information Per Serving: 190 calories, 3g total fat, 1.5g saturated fat, 5mg cholesterol, 480mg sodium, 27g carbohydrate, 5g dietary fiber, 3g sugars, 9g protein, 10%DV vitamin A, 8%DV vitamin C, 8%DV calcium, 6%DV iron

Exchange: 2 Starch, 1/2 Fat

Dietary Exchanges based on *Choose Your Foods: Exchange Lists for Diabetes* © 2008 by the American Diabetes Association and the American Dietetic Association.