



# Make Half Your Grains Whole

## Whole Grains Store Tour

### Leader's Guide

Whole Grains Month is September – and it's the perfect time to open your customers' eyes to the health benefits of whole grains, while making them aware of the many whole grain choices available in your store.

Here's what we suggest:

1. Publicize your event, with instore signage and community notices.
2. Start with a brief "classroom" overview of whole grains.
3. Take participants on an aisle-by-aisle tour of your store.
4. End with a brief tasting session, to show how delicious whole grains can be.
5. Provide handouts, samples, and coupons to participants as they leave.

This Whole Grains Store Tour kit includes everything you need to plan and carry out a successful Whole Grains Store Tour to celebrate Whole Grains Month.

#### What's in this Kit?

- **Leader's Guide**, with suggested tips, ideas and scripts for your event
- **Instore signage** you can customize, print, and post in your store
- **Signup sheet** so you'll know who plans to take part
- **Sample publicity release** to customize and send to local radio, TV, and newspapers
- **Whole Grains 101 PowerPoint** presentation with background notes
- **Reference for Label Reading** with common terms related to whole grains
- **An aisle-by-aisle Shopping List**, which doubles as your tour itinerary
- **Ideas for instore sampling & tasting** of whole grains
- **Whole Grains Fact Sheet** (in English and in Spanish) to hand out at your event
- **Recipe Pack**

#### But wait! There's more on our website...

We've included the basics in one handy kit. If you'd like to customize your event with additional handouts and information, however, please visit [www.WholeGrainsCouncil.org](http://www.WholeGrainsCouncil.org) and look under RESOURCES where you'll find other materials including:

- other PDF handouts, including a few in Spanish
- lists of free educational materials from companies supporting whole grains
- posters, buttons, and stickers available at cost

Once you've combed through the RESOURCES, check out our other menu choices for more background on health studies, more recipes, and a wealth of other information.

#### Got Questions? Contact the Whole Grains Council.

Cynthia Harriman, 617.896.4820, [cynthia@oldwayspt.org](mailto:cynthia@oldwayspt.org)  
Kara Berrini, 617.896.4880, [kberrini@oldwayspt.org](mailto:kberrini@oldwayspt.org)



# Make Half Your Grains Whole

# Whole Grains Store Tour

## Leader's Guide

### BEFORE YOUR EVENT

#### A. DECIDE WHAT TYPE OF EVENT WILL WORK BEST IN YOUR STORE.

There are three parts to the Whole Grains Store Tour. Depending on the space and time available – and what you think will work best with your customers – you can mix and match any of these three elements:

- 1. Classroom introduction.** Ideally, you'll start your Store Tour in a space where your group can sit comfortably, and give them an introduction to why whole grains are healthy, how to read labels, etc. Kit resources you could use are:
  - **Whole Grains 101** – If you have a computer and a PC projector, you can use any or all of the Whole Grains 101 Powerpoint Presentation for your opening remarks.
  - **Whole Grains Fact Sheet.** As an alternative, you could pass out copies of the Whole Grains Fact Sheet and discuss the benefits of whole grains and different ways to add them to everyday meals.
- 2. Actual Store Tour.** Give your group a guided tour of your store, aisle by aisle, talking about the different whole grain products in each section. See more details below. Kit resources you could use are:
  - **Shopping List** – Having a list of the many types of whole grain products in their hands as you tour will help your group realize how many whole grain choices your store offers.
- 3. Whole Grain Sampling & Tasting.** If time and space allow, it's great to end your event by offering your group a taste of some delicious whole grain options. This can be as simple as pulling a few products off the shelf while you tour, or as complex as preparing a tasting bar beforehand. Kit resources you could use are:
  - **Ideas for Instore Sampling** – This sheet suggests several themed tasting events that will help promote the sale of whole grains in your store.

#### B. MAKE SPECIFIC PLANS

1. Identify a date and time, and okay it with anyone necessary.
2. If you are doing a sit-down introduction or a tasting, identify a space where this can happen.

#### C. SPREAD THE WORD

1. Make a display on your bulletin board or near your store entrance, to tell customers about your event.
2. Send an announcement to local TV, radio, and newspaper outlets.

Kit resources you could use to spread the word are:

- **Instore signage** – add the time and date, print, and post
- **Sign-up sheet** – using a sign-up sheet helps people to commit to actually coming; it's more effective than just an invitation to show up. Plus, it helps you plan how many people are likely to attend.
- **Press release template** – you'll probably want to customize this, but it's helpful to have a rough draft to start with.

#### **D. DO A STORE TOUR “DRY RUN”**

1. Walk around your store and make sure you can spot a variety of *real* whole grain products in all aisles where grain products are sold. Make a note of three or four products in each category that you'd especially like to point out to your group.
2. Taste a few products you might not have noticed before, so you can be extra-knowledgeable about them.
3. Check the Stamped Products lists under “Find Whole Grains” on the Whole Grains Council's website, if you're not sure which products to mention. Some products labeled simply “Made with Whole Grain” have very little whole grain, and some labeled “multigrain” have no whole grain. Do your homework so you won't mislead your group!

### **THE DAY OF YOUR EVENT**

#### **A. GET EVERYTHING READY**

1. Set up chairs, if you're doing a classroom intro.
2. Prepare any food you'll be using for your tasting event, and arrange tables for serving. Signs are useful, identifying each food.
3. Photocopy or print enough handouts for everyone. When in doubt, print extra and encourage your group to take copies for their friends and neighbors.
4. Make sure customers know where to go, to take part. Use signage, and make sure greeters and staff know about your event so customers will be steered in the right direction when they arrive.

#### **B. START WITH AN OVERVIEW OF WHOLE GRAINS**

Offer an overview of the goodness of whole grains. Even if you choose not to go in depth and give a sit-down, classroom presentation, a few introductory words help. Here's a sample of a minimal introduction:

*“Thanks for coming today, to learn about the health benefits and great taste of whole grains. We're going to start our Whole Grains Store Tour in just a minute, but first I'd like to say just a few words about whole grains.”*

*“When grains like wheat, oats and corn grow in the field they have three main edible parts: the fiber-rich outer bran, the nutrient-packed inner germ, and the starchy endosperm. Foods made with all three of these parts are called “whole grains.” Foods where the bran and germ have been removed, and only the starchy endosperm remains, are called “refined grains.”*

*Most of the grain foods sold today are refined grains. Whole grains are much healthier than refined grains. People who eat more whole grains usually weigh less; they reduce their risk of heart disease, strokes, and certain cancers, and are less likely to*

*get diabetes. Kids who eat more whole grains reduce their risk for asthma, and may have less acne, among other benefits.*

*“Experts recommend that everyone, from kids on up, have at least three daily servings of whole grains – that we all make at least half our grains whole – so we’re going to go around the store today and help you learn which products offer the health advantage of whole grains.*

*“I’d also like to give you some background information on whole grains to take home with you [pass out Fact Sheet]. Does anyone have any questions about whole grains before we start? Ask me now, or at any time throughout the tour.”*

Kit resources you could use are:

- **Whole Grains 101 Powerpoint presentation** – use any or all of the slides, as you please. Notes with each slide give extra background and talking points.
- **Whole Grains Made Easy Fact Sheet** – a quick overview of whole grain health benefits and ideas for enjoying more whole grains daily.
- **Whole Grains Every Day poster** – this can be ordered from our website (see WG Promo Materials under RESOURCES) and makes a great way to run a quick discussion on all the ways you can find whole grains in common foods. [This resource is *not* included in this kit.]

### **C. TAKE THE WHOLE GRAINS STORE TOUR**

The order in which you take your tour depends on the layout of your store. We’ll offer aisle by aisle suggestions here, which you can use in any order that works for you.

#### **General Approach**

In each aisle or department, ask each participant to pick up a food they think is whole grain. You can basically run the whole tour as a sort of Scavenger Hunt, where you are asking your group to find certain foods. Ask for volunteers to explain their choices, and discuss clues for finding whole grains, such as these below (Useful Resource: Reference to Reading Labels):

- Reading the ingredients label*** – Which words mean whole grain? Which ones don’t? If you’re not sure, check out the Whole Grains 101 Powerpoint ahead of time, to brush up your own label-reading skills. Sometimes the ingredients aren’t very clear anyways.
- Claims on the package*** – Talk about the Whole Grain Health Claim (a good thing) or words like “Made with Whole Grain” (means nothing!) or “100% wheat (also bogus!). Look for packages showing the WG Health Claim.
- Look for the Stamp*** – Talk about how the Whole Grain Stamp always guarantees you’re getting at least half a serving of whole grain in each serving of the food. Look for packages showing the Stamp, and note the number of grams.

Use the Discussion Points below to bring out important whole grain issues in each aisle. After you’ve discussed a few packages, have the group return their picks to the shelves, then move on to the next aisle.

### 1. Cereal Aisle Discussion

- a. Bran Cereals:** Bran is a great source of fiber, but it's not whole grain. You may want to alternate between eating a whole grain cereal and eating a high-fiber cereal.
- b. Oatmeal.** All oatmeal is whole grain, even instant. But watch out for high levels of added sugar in some instant oatmeals.
- c. Added Sugar.** Speaking of added sugar, even if a cereal's made with whole grain you'll still want to check the sugar level. Each 4g of sugar is one teaspoon. So if you wouldn't want your kid to put three spoons of sugar on his cereal, don't buy one with 12g of sugar per serving!

### 2. Bread and Bakery Discussion

- a. Multigrain.** Multigrain doesn't mean whole grain. You can take wheat, oats, corn, rye and refine them and make bread that is "multigrain" but without a bit of whole grain.
- b. Tortillas.** Yes, there are whole wheat, whole multigrain, and whole corn tortillas. Look closely and see which ones qualify!
- c. Pita bread.** Buy 6" rounds of whole wheat pita bread. Cover with spaghetti sauce, cheese, and fresh veggies, then bake at 375°F for 15-20 minutes. Instant pizza! Kids love to decorate their own. (The recipe is in the Recipe Pack handout.)
- d. Beyond bread.** Can you find whole grain hamburg buns? English muffins? How many bread products on the Shopping List can you find, in whole grain form?

### 3. Cold Case Discussion

- a. French Toast & Waffles.** Find examples of these whole grain products.
- b. Entrees.** What else can be found in the refrigerator and freezer cases? Most stores have at least a few brands of pizza, pocket-sandwiches, burritors, frozen dinners.

### 4. Rice and Grain Side Dish Discussion

- a. Brown Rice.** Who can find the quickest-cooking variety of brown rice? Are there any other whole grain rices that aren't brown?
- b. Bulgur.** Bulgur is quick-cooking, with a mild taste, making it a great "starter grain" for families just making the switch to whole grains. It's actually a form of wheat that's been precooked, cracked in pieces and dried. Bulgur cooks in 10-15 minutes and can be used in place of rice in any of your favorite dishes.
- c. Cooking whole grains.** If you can cook rice you can cook any whole grain. Start with two cups water for each cup grain. Bring to a boil, then set to simmer. Test occasionally by nibbling a grain or two. If there's still water left and it's done, drain the extra water off. If the water's all gone and it's not done, add a little more and keep cooking. Time varies widely by grain, from about 10 minutes for quinoa to more than an hour for some grains.

### 5. Pasta Discussion

- a. Color.** Most whole grain pasta is much lighter after cooking than it looks in the package. Once you put sauce on it, your family may not even notice.
- b. Experiment.** There's a wide variety of texture and flavor in whole grain pastas. If you don't like the first one you try, don't give up. Try a few more until you find one you like.
- c. Cooking time.** Whole grain pasta is tough when undercooked, and gets soggy quickly when overcooked. Taste often as you cook so it will be *just right*.

### 6. Snacks and Treats Discussion

- a. Popcorn.** Make sure to mention that popcorn is a whole grain food! Most people are amazed to learn this.

**b. Chips.** Want a whole grain alternative to potato chips? Many tortilla chips are now made from whole corn, and many whole multigrain chips (such as SunChips) are now on the market.

**c. Old Standards.** Some old standards, like Goldfish crackers and Fig Newton cookies, now come in whole grain form. Look around this aisle and see what you can find.

## **7. Baking Mixes and Flour Discussion**

**a. White Whole Wheat Flour.** If you're baking, try white whole wheat flour (from King Arthur Flour, for instance). It's got all the great nutrition of regular whole wheat flour, but it's lighter in color and milder in flavor because it's made from a natural variety of wheat without any dark color genes.

**b. What else is there?** Increasingly, stores are carrying baking mixes made with whole grain. Have a hunt to see how many your group can find.

## **D. OFFER SAMPLES OF WHOLE GRAIN FOODS**

Our experience shows that actually sampling whole grain foods is the best way to get people on board with whole grains. Often people have the preconception that they "don't like whole grains" because they are picturing some sort of dense food that tastes somewhere between sawdust and cardboard.

In reality, today's whole grains have a variety of textures and tastes to fit every preference. We urge you to offer at least 4 different foods, so everyone in your group can find at least a few favorites. Many may be amazed to like everything.

There are two main approaches you can take to tasting / sampling:

**1. Plan Ahead.** Prepare some foods and/or dishes ahead of time. It's fun to work with a theme in mind, like those on our "Ideas for Instore Sampling" page. Pass out plates and invite everyone to try a little of everything, then solicit comments to share with the group.

If you offer any prepared dishes, give out the recipe. Everyone loves to duplicate what they've sampled, at home. You may even want to offer recipe kits for sale: small bags holding all the ingredients needed for a recipe, ready to go.

**2. On the Fly.** As you tour through the store aisles, bring a cart and invite participants in your group to each pick a food they'd really like to try. At the end of the tour, pick a representative sample from those in the cart, and let everyone try off-the-shelf products.

## **E. SEND THEM OUT WITH GIVEAWAYS**

Don't send your group away empty-handed. Here are some of the things you can offer:

- 1. Whole Grains Fact Sheet** handout, if you didn't give it at the start of the event.
- 2. Recipe Pack** – recipes from this kit, or additional recipes you may have.
- 3. Additional handouts.** There are several under RESOURCES on the Whole Grains Council website. Check under Educational Materials for PDFs you can download right from the WGC site, and for free materials from manufacturers that are just a phone call away.
- 4. Promotional Goodies.** We have "Just Ask for Whole Grains" buttons available on our website. Go to RESOURCES then to "WG Promo Items."
- 5. Store Coupons.** Pass out store coupons for whole grain items, or ask your suppliers for cents-off coupons.

## **AFTER YOUR EVENT**

### **WHAT'S NEXT? HERE ARE SOME IDEAS:**

1. Plan your next Store Tour. Some stores do monthly events for customers.
2. Plan special displays of whole grain foods.
3. Contact your local schools, scout groups, and other organizations and offer the Whole Grains Store Tour event to them.

Thanks for helping to spread the word about the health benefits and delicious taste of whole grains. If you have any questions about this guide or about whole grains, contact: Cynthia Harriman, 617.896.4820, [cynthia@oldwayspt.org](mailto:cynthia@oldwayspt.org)  
Kara Berrini, 617.896.4880, [kberrini@oldwayspt.org](mailto:kberrini@oldwayspt.org)

## **OTHER RESOURCES FOR HEALTHY SHOPPING**

If you enjoyed this Whole Grains Store Tour, you may also enjoy two other great programs from Oldways, the parent organization of the Whole Grains Council.

### **From Your Cart to Your Kitchen**

A CD of resources, including instore events, for learning more about the gold-standard Mediterranean Diet. Contact Nicki Heverling, Mediterranean Foods Alliance program manager ([nheverling@oldwayspt.org](mailto:nheverling@oldwayspt.org) or 617-896-4876).

### **Camino Mágico**

A bilingual Spanish/English shopping guide that illustrates how a return to delicious traditional foods (adapted to today's lifestyles) can help Latinos enjoy better health. Contact Kezia Frayjo, Latino Nutrition Coalition program manager ([kfrayjo@oldwayspt.org](mailto:kfrayjo@oldwayspt.org) or 617-896-4870).

**Visit all the Oldways websites for great resources on healthy eating.**

[www.oldwayspt.org](http://www.oldwayspt.org)

[www.WholeGrainsCouncil.org](http://www.WholeGrainsCouncil.org)

[www.MediterraneanMark.org](http://www.MediterraneanMark.org)

[www.LatinoNutrition.org](http://www.LatinoNutrition.org)

Our "home base" website

For everything about whole grains

For information about the gold-standard Med Diet

For resources to help Latinos use the traditional foods of their cultures for better health.

# RECORRIDO

## por la Tienda sobre

# Granos Integrales



**Fecha:**

**Hora:**



- Aprenda por qué los granos integrales son esenciales para la salud.
- Descubra qué productos contienen los granos integrales que necesita y dónde encontrarlos en esta tienda.

**Este recorrido es GRATUITO, pero el espacio es limitado. Regístrese hoy para reservar un lugar.**







# Recorrido por la Tienda sobre Granos Integrales

## Anuncio comunitario / Relaciones públicas

Nos emociona mucho saber que su tienda le ofrecerá a sus clientes el programa del **recorrido por la tienda sobre granos integrales**

Para informar a sus clientes sobre el gran sabor y los grandes beneficios para la salud que los granos integrales proporcionan, hemos creado el comunicado de prensa adjunto, listo para usarse, para que lo distribuya en los medios locales.

Este comunicado se creó para ayudarle a contactar a reporteros de los periódicos, diarios o semanales locales, que investigan temas de alimentación, salud, estilo de vida o temas generales, así como a las estaciones de radio y televisión. Usted puede personalizar el comunicado con la información sobre su tienda.

Si tiene preguntas sobre cuál es el siguiente paso para contactar a los reporteros, usando el comunicado de prensa, por favor no dude en contactarme.

### Consejos para Contactar a los Medios

- Invite a un reportero de televisión a que haga el recorrido en la tienda sobre granos integrales para mostrarle a los espectadores cómo reconocer productos con granos integrales legítimos y para ayudarles a entender que en las tiendas locales hay una gran variedad de productos con granos integrales disponibles; ya que los granos integrales van mucho más allá del pan y los cereales y hay algo para todos los gustos.
- La dietista o nutricionista de su tienda (si tiene una como parte de su personal) podría ser una portavoz muy confiable para el recorrido de su tienda.
- Incluya a entrevistadores que hablen con los clientes, y les pregunten cuáles son los granos integrales que más les gustan a ellos y a sus familias. Usted se dará cuenta de que los ejemplos de la vida real comunican un mensaje sólido a las demás personas en su zona.

Nuevamente, gracias por su apoyo. Por favor no dude en llamarme o pedirle a un colega que lo haga, para repasar estas ideas y otras en más detalle.

Atentamente,

Cynthia Harriman  
Oldways / The Whole Grains Council (Consejo de granos integrales)  
266 Beacon Street, Boston, MA 02116  
Línea directa: 617-896-4820  
cynthia@oldwayspt.org

**Para publicación inmediata**

## **LOS GRANOS INTEGRALES COMBINAN UNA BUENA SALUD Y UN BUEN SABOR**

**(Nombre del almacén o tienda) ahora ofrece un recorrido muy útil por la tienda con información sobre granos integrales en las tiendas de (nombre de la ciudad o población)**



**(Nombre de la ciudad/población)** Fecha- Según una encuesta reciente del International Food Information Council (IFIC), un 71% de los estadounidenses está tratando de consumir más granos integrales. Sin embargo, muy a menudo, los consumidores no están seguros de qué alimentos contienen cantidades significativas de granos integrales sanos.

Es por ello que **(nombre del almacén o tienda)** está ofreciendo un recorrido gratuito por la tienda para dar información sobre los granos integrales y ayudar a sus clientes a saber cómo reconocer la gran variedad de alimentos con granos integrales que están disponibles actualmente.

Los granos integrales nos ayudan a mantener un peso sano y a reducir el riesgo de padecer cardiopatías, diabetes y ciertos tipos de cáncer. Las investigaciones recientes incluso demuestran que comer más granos integrales puede mejorar drásticamente el problema del acné y disminuir la incidencia de asma y sibilancias en los niños. No es de extrañar que las personas se estén dando cuenta de que tiene lógica cambiar de los granos refinados a los granos integrales y no es de sorprenderse que los expertos recomienden que la mitad de nuestro consumo de granos sea de granos integrales.

El programa gratuito de **(nombre del almacén o tienda)** incluye:

- Información básica sobre granos integrales, la cual ofrece una introducción rápida a los granos integrales
- Un recorrido guiado de la tienda, pasillo por pasillo – una búsqueda del tesoro de granos integrales
- Demostraciones culinarias y muestras de alimentos que contienen deliciosos granos integrales
- Paquete de recetas con granos integrales que contiene doce recetas familiares fáciles de preparar

El recorrido por la tienda sobre granos integrales fue creado por la organización Whole Grains Council (Consejo de granos integrales), una organización sin fines de lucro compuesta de profesionales de la salud, chefs, compañías de alimentos, restaurantes y tiendas minoristas de alimentos. Muchas de las iniciativas del Consejo, incluyendo el sello de granos integrales que ahora se puede encontrar en más de 2,300 productos, ayudan a los consumidores a encontrar alimentos con granos integrales y a entender sus beneficios para la salud. La organización Whole Grains Council (Consejo de granos integrales) es parte de Oldways, el grupo de expertos tan conocido por su creación de la Pirámide de la dieta mediterránea.

Para mayor información, comuníquese con **la persona para tiendas o almacenes** o con Cynthia Harriman, Oldways a [cynthia@oldwayspt.org](mailto:cynthia@oldwayspt.org) o al 617-896-4820.



## Whole Grains 101

### Intro to the Whole Grains Store Tour



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Oldways and the  Whole Grains Council

1 of 41

## Today's Event Includes:

- **Whole Grains 101**
  - ... details on the health benefits of whole grains
  - ... what is a whole grain?
  - ... how to find real whole grain products
  - ... easy ideas for adding more whole grains to your life
- **Whole Grains Store Tour**
  - ... we'll explore the supermarket, aisle by aisle, looking for whole grains
- **Whole Grain Tasting Party**
  - ... a few tastes will help you find whole grains your family will love

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Oldways and the  Whole Grains Council

2 of 41

Start by giving your group an overview of what you're going to be doing today. Explain that there will be a short presentation covered information about whole grains, followed by the actual Whole Grains Store Tour, and concluding with a tasting party where the group will be able to sample some of the foods they found on the tour – or some special dishes you've prepared for them.




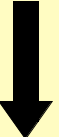
# Whole Grains and Health

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Oldways and the  Whole Grains Council 3 of 41

More interaction is always better. You may want to pause at this screen, and ask your group what they think the health benefits of whole grains are. If you have an idea of what they know already, you can tailor the following slides to add the information that's most lacking.

## People who eat Whole Grains reduce serious health risks

| risk of heart disease drops 25-36%  | risk of Type 2 Diabetes drops 21-27%  | risk of digestive cancers drops 21-43%  | risk of stroke drops 37%  |
|---|---|---|---|
|  |  |  |  |

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Oldways and the  Whole Grains Council 4 of 41

Scores of studies have been done showing the health benefits of whole grains. This slide shows some of the best-documented health benefits. Because different studies show slightly different results, this slide shows a range of numbers for most diseases. Make sure to mention that whole grains benefit everyone with blood vessels (all of us!) not just people who know they have heart disease. We don't want people to tune out and think "this doesn't apply to me."

## But wait! There's more!

- **Controls Weight.** Women and men who ate more whole grains consistently gained less weight over an 8-12 year period, in Harvard studies.
- **Cuts Dangerous Belly Fat.** In a 2008 Penn State study, people who ate whole grains instead of refined grains lost more belly fat. Abdominal fat is a high risk factor for heart problems and other diseases.
- **Drops Blood Pressure.** Eating a whole-grain oat cereal, such as oatmeal, every day for three months enabled 73% of those with high blood pressure to reduce or eliminate their need for medication, University of Minnesota investigators reported.



5 of 41

Controlling weight always gets people's attention. Whole grains are increasingly associated with better weight management.

The majority of people over the age of 60 have high blood pressure. In many cases, eating whole grains regularly can allow people suffering from hypertension to cut back on their medication, or in some cases even eliminate it. Of course, it's important to advise working with one's doctor.

There are many more health study thumbnails on our website at <http://wholegrainscouncil.org/whole-grains-101/health-studies-on-whole-grains>

If you know what conditions your group might especially be interested in, you can use the additional studies on our website to customize your presentation.

## Kids Who Eat Whole Grains...

- Have a lower risk of obesity & diabetes
- Have lower cholesterol levels
- Reduce their risk of asthma
- Feel fuller and more satisfied
- May reduce acne significantly



6 of 41

We expect that many of the people who sign up for your WG Store Tour will be parents, concerned about their kids' health, so we've created a special section showing the big impact whole grains can have on kids' health.

Including this section also helps reinforce the fact that eating well can show very quick results in everyone's health. Too often nutrition messages seem to say, "Eat this way for years and years and you may have a 2% reduced risk for some obscure disease you've never heard of anyway."

A better message: Every bit of good food you add to your diet helps, and helps quickly, to bring you to better health.

## Good Diet: Kids Benefit Quickly



- Overweight kids aged 9-15
- All you can eat diet
- Whole grains, fruits, veggies, lean protein
- Daily exercise

In 2 weeks...

- cholesterol down 21%
- insulin levels down 30%
- leptin (appetite hormone) down 57%

Source: Atherosclerosis. 2007 Mar; 191(1):98-106. RJ Barnard, AK Chen, and OK Roberts.

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7 of 41

The key messages here are that

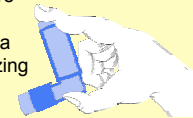
- major change can happen quickly, in just a few weeks
- there's no need to deprive yourself if you're eating healthy foods. Eating well does not have to mean subsisting on a leaf of lettuce and 3 carrot sticks each day.

FYI, the kids in this study exercised 2.5 hours a day, in a summer-camp type atmosphere of fun activities -- not endless mind-numbing calisthenics. This is the level of exercise that growing kids have traditionally enjoyed.

## Whole Grains Cut Asthma Risk in Half

Children who ate whole grains were

- 54% less likely to develop asthma
- 45% less likely to develop wheezing



than children who did not eat whole grains

Source: Thorax. December 2006; 61(12):1048-53. Dutch National Institute of Public Health & the Environment.

Oldways and the  Whole Grains Council

8 of 41

Asthma is the third leading cause of hospitalization among children under 15, and leads to 14 million days of missed school each year. Its incidence doubled from 1981 to 2004, and inhalers are now common in elementary schools.

Eating a good diet can help kids reduce the risk of asthma -- and reduce its impact if they already have this disease.


## Feel Fuller and More Satisfied

|                   |                   |
|-------------------|-------------------|
| Processed cereal  | Oatmeal, All-Bran |
| White bread toast | Whole wheat toast |

The children with the refined grain breakfasts were hungrier, and ate 150 more calories when offered an all-you-can-eat lunch buffet than those given the whole grain breakfasts.


Source: Oxford Brookes University, [www.brookes.ac.uk/news/2003/november/nr\\_113\\_03](http://www.brookes.ac.uk/news/2003/november/nr_113_03)

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9 of 41

Send your kids to school with a hearty breakfast that will stick with them all morning.


## Reduce Acne Significantly



Young males age 15-25 with mild to moderate acne "improved dramatically, by more than fifty percent" over a twelve-week period, when they ate lean meat, poultry, fish, fruits, vegetables and substituted whole grain bread, cereals and rice for refined foods.

Source: Journal of Dermatological Science, Apr 2008;50(1):41-52. Epub Jan 4, 2008.

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10 of 41

It's not easy to get your teenagers to pay attention to any advice you offer. But this research, from scientists in Australia, may be more powerful than any other in motivating your kids to eat healthier foods, including whole grains.

Note that many of these studies document that the subjects ate whole grains AND other healthy foods. Whole grains are not a magic bullet. Eating a range of healthy foods provides synergistic benefits we are only beginning to understand.



## Reasons for WG Health Benefits

- **Nutrients**

*Whole grains have 3-5 times the vitamins and minerals found in refined grains.*

- **Antioxidants**

*Corn has almost twice the antioxidant activity of apples, while wheat and oats almost equal broccoli and spinach in antioxidant activity.*

- **Fiber**

*Whole grain products offer 1g to 4g of fiber per serving. Fiber varies from 3.5% in brown rice to around 17% in barley.*

- **Long-lasting energy**

*When you feel full longer, you're less likely to rush to the vending machine for junk food.*

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Oldways and the



Whole Grains Council

11 of 41

This summary screen ends our section on whole grains and health.

## 2005 Dietary Guidelines for Americans Recommends...

***“Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.”***

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Oldways and the



Whole Grains Council

12 of 41

Everyone age 9 and older needs about 6 servings of grains per day, at least half of which should be whole grains. There's no problem with making *all* of your grains whole grains. Younger kids need slightly less, but it's easy just to remember that everyone can aim for 3 servings or more of whole grains daily.

An easy way to think of this is “Whole Grains at Every Meal”

An “ounce equivalent” is our government's way of saying that you should consume about 3 ounces of actual whole grain foods daily to get the amount of whole grain ingredients your body needs.

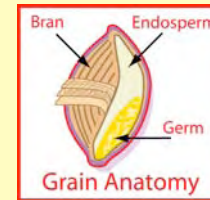
## What is a Whole Grain?

Oldways and the  Whole Grains Council

13 of 41

You may want to pause at this screen, and ask your group to tell YOU what a whole grain is. If you have an idea of what they know already, you can tailor the following slides to add the information that's most important.

## A Whole Grain Includes Everything



*Graphic courtesy Bob's Red Mill*

Whole grains or foods made from them contain all three essential parts and all the naturally-occurring nutrients of the entire grain seed.

If the grain has been processed (e.g., cracked, crushed, rolled, extruded, lightly pearled and/or cooked), the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed.

Oldways and the  Whole Grains Council

14 of 41

Emails we've received at the Whole Grains Council show that many people think that grains have to be intact (physically whole) to count as whole grains. No! You don't have to sit in the middle of the field, eating them right off the stalk -- as long as all the bran, germ, and endosperm are still present.

This diagram shows the three EDIBLE parts of the grain kernel. Many grains also have an inedible outer hull or husk that must be removed in order for the grain to be digested.

## List of Whole Grains

All of the following are whole grain, when eaten with ALL their bran, germ and endosperm:

- **Amaranth**
- **Buckwheat**
- **Millet**
- **Quinoa**
- **Rye**
- **Teff**
- **Wild rice**
- **Wheat**, including varieties such as spelt, emmer, farro, einkorn, Kamut®, durum and forms such as **bulgur**, **cracked wheat** and **wheatberries**
- **Barley**
- **Corn**, including whole cornmeal, **popcorn**
- **Oats**, including **oatmeal**
- **Rice** (**brown and colored rice**)
- **Sorghum** (also called milo)
- **Triticale** (a rye / wheat hybrid)

Oldways and the



Whole Grains Council

15 of 41

Make sure they understand that the grains listed here are not AUTOMATICALLY whole grains -- unless you're sure that all the bran, germ, and endosperm are still there.

That said, the grains in red are virtually always whole in our food supply:

Amaranth, buckwheat, millet, oats, quinoa, brown rice, teff, and wild rice. And popcorn, bulgur, cracked wheat, and wheatberries are whole grain forms of corn and wheat, respectively.

Check carefully on the ones in black, to be sure they're whole.

Pearled barley is NOT a whole grain. Look for "hulled barley" or "hull-less barley."

Degerminated cornmeal is not a whole grain, as the germ is missing.

## 100% or partially whole grain?

Much as milk comes in different forms for different tastes, so do whole grains.



Some people prefer to start with partially whole grain foods until they get used to the nuttier, fuller taste of 100% whole grains.



Oldways and the



Whole Grains Council

16 of 41

The Dietary Guidelines recommend everyone eat 3 or more servings of 100% whole grain foods. But you could just as easily eat all six of your daily grain servings as foods made half and half with whole grain and refined grain -- and also end up eating 3 servings of whole grain.

Just as it's hard to jump right from whole milk to skim milk, many people may not find it easy to jump from a lifelong habit of refined grains to eating 100% whole grains. Partial whole grains can help them through the transition, just as reduced fat milk can.

Soon you'll find your tastes adjusting, and you'll begin to enjoy the fuller, nuttier taste of whole grains. At this point, some of your old favorites may seem rather bland!

## What counts as a serving?

### 100% Whole Grains

This amount of **food** counts as a WG serving

- 1/2 cup pasta
- 1/2 cup rice/other grain
- 1 slice bread
- 1 cup cold cereal
- 1/2 cup hot cereal
- 1 small bagel, muffin

### Partial Whole Grains

16 grams of WG

Amount varies by whole grain content. **16 grams or more of whole grain ingredients** counts as a serving.

Oldways and the



Whole Grains Council

17 of 41

The common kitchen-measurement serving sizes described in the Dietary Guidelines apply only to whole grain foods.

When partial whole grains are consumed, we need to know how many grams of whole grain are in each serving, so we can aim for 48g or more (16g x 3 servings) each day.

It's actually very easy, thanks to a new tool -- the Whole Grain Stamp -- that we'll explain in a minute.

## Finding Whole Grains: Reading Labels & Using the Whole Grain Stamp

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Whole Grains Council

18 of 41

You may want to pause at this screen, and ask your group to tell YOU how they currently identify whole grains. The more discussion you can generate, the more your participants will learn.

## These words mean whole grain



- Whole [name of grain]
- Whole [name of grain] flour
- Whole grain [name of grain]
- [name of grain] berries
- [name of grain] groats

Oldways and the  Whole Grains Council

19 of 41

The next four screens use traffic signal imagery to reinforce words that ALWAYS, SOMETIMES, and NEVER indicate whole grains.

The first three are self-explanatory. Berries and groats both mean the whole kernel. You will see terms like “wheatberries” and “rye berries” or “oat groats” and “buckwheat groats.” These all describe whole forms of these grains.

## These words mean whole grain



- Brown rice, wild rice
- Oats, oatmeal
- Bulgur
- Cracked or crushed wheat
- Hulled or hull-less barley
- Graham flour
- Whole white wheat

Oldways and the  Whole Grains Council

20 of 41

You'll rarely see the words “whole grain rice” -- more often, just brown rice. Whole grain rice comes in other colors too, such as black, purple and red. Wild rice is not technically a form of rice, but it IS a whole grain.

Even instant oatmeal contains all the bran, germ and endosperm.

Bulgur is made by cooking wheat kernels, then drying them and breaking them into small pieces. Cracked wheat is raw broken wheat kernels, while bulgur is cooked broken wheat kernels.

Two kinds of barley grow in the fields. Most is what's called “covered” barley which has an inedible hull firmly attached to the kernel. If part of the bran is lost in scraping off the hull, the result is pearled barley, which is not considered a whole grain. Less common “naked” barley does not have this tough hull. Look for hulled barley (covered barley with the hull carefully removed to minimized bran loss) or hull-less barley (naked barley that never had the close-fitting hull) to be sure you're getting whole grain.

Graham flour is a kind of coarse whole wheat flour. But be careful! Most graham crackers are NOT made with graham flour.

Whole white wheat is a special variety of whole wheat that grows naturally with a lighter color and milder flavor. It has all the same good nutrition as regular (red) whole wheat. You can trust the words “whole white wheat.”

### Maybe yes, Maybe no



- Flour
- Wheat flour
- Organic, natural
- Unbleached
- Semolina
- Multigrain
- Stoneground

Oldways and the  Whole Grains Council 21 of 41

Flour: FDA defines as meaning “refined wheat flour.”

Wheat flour: An honest term for refined wheat flour. Watch out for products that say 100% wheat flour as this is most likely not whole grain!


Organic, natural, unbleached -- all healthy sounding words that do not guarantee whole grains -- although whole grains can be all these things.

Semolina is a kind of finely ground durum wheat used in pasta. It can be whole or refined.


Multigrain just means there are several different grains. If you refine wheat, corn, oats and rye and mix them together you can make a “multigrain” bread without any whole grains. This word OFTEN fools shoppers.

Stoneground just means the grain was milled on stones rather than metal rollers. The bran and/or germ may still have been removed.

### NOT whole grains



- Enriched flour
- Bran
- Germ, wheat germ
- Degerminated (cornmeal)
- Pearled barley
- Grits, hominy, farina

Oldways and the  Whole Grains Council 22 of 41

Enriched flour -- refined flour with 5 nutrients added back in, not nearly replacing the dozens of nutrients removed or diminished by refining.

Bran, Germ -- these are two of the PARTS of a whole grain. Alone they are never a whole grain. Remember, we need bran, germ and endosperm (all three parts) all present to consider something a whole grain.

Degerminated -- You'll often see this on cornmeal. The germ's missing so it's not whole grain.

Pearled barley -- missing some of the bran. See earlier slides.

Grits, hominy, farina -- all terms for foods that are almost invariably refined.

## Label Reading Practice

- Which ingredients are whole grains?
- Is this product 100% whole grain?

Ingredients: Whole White Wheat Flour, Millet, Oats, Brown rice flour, Degerminated cornmeal, Water, Sugar, Soybean Oil, Salt, Wheat germ, Oat bran, Baker's yeast.

Ask participants to tell you which of these ingredients are whole grain.

Definitely whole grain: whole white wheat flour, oats, brown rice flour.

Probably: Millet

Definitely NOT whole grain: Degerminated cornmeal, wheat germ, oat bran

Not even grains: water, sugar, soybean oil, salt, baker's yeast.

Whole white wheat is a special variety of whole wheat that grows naturally with a lighter color and milder flavor. It has all the same good nutrition as regular (red) whole wheat. You can trust the words "whole white wheat."

## In Stores: Trust the Stamp



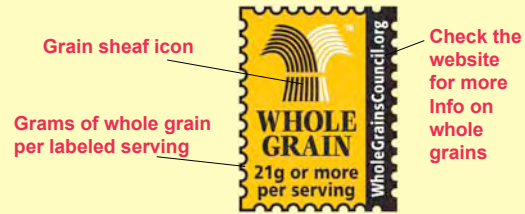
An easy-to-spot symbol that guarantees you're getting a half serving (8g) or more of whole grain

We're all busy. It's not easy to stop in the grocery aisles and read all the ingredients carefully, and often there's no way to tell from the package

- how much whole grain is in a food
- whether certain ingredients are whole grain or not

Look for the Whole Grain Stamp. It's on more than 2,000 products and is used in five countries, to help shoppers quickly and easily spot whole grains. Here's how it works (see following slides).

## The Whole Grain Stamp



The "Basic" Stamp



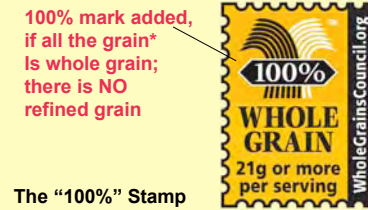
25 of 41

(Point out the different parts of the Whole Grain Stamp)

The Stamp always has

1. The number of grams of whole grain ingredients per serving. Remember that 16g equals one serving. You will never see a number lower than 8g, or half a serving, the minimum requirement of the program.
2. The grain sheaf icon.
3. The address of the Whole Grains Council's website, to remind you to visit them for all kinds of great information about whole grains.

## The Whole Grain Stamp



The "100%" Stamp

\* In Canada, all the ingredients must be whole grain.



26 of 41

If all the grain in a food is whole grain, the "100% banner" will be added to the Stamp.

Remember we said earlier there are 100% whole grain foods and partial whole grain foods? The Stamp helps you see which foods are made totally with whole grain, and which are made with a mix of whole and refined grain.



## The Whole Grain Stamp

Compare the gram number to the minimum you need every day.



on all Stamps

EAT 48g OR MORE OF WHOLE GRAINS DAILY

Oldways and the Whole Grains Council

27 of 41

You're aiming for three or more servings, with each serving consisting of 16g or more of whole grains. That means you need to eat 48g or more of whole grain daily.

It's unlikely that most people will carefully count up the grams on every food they eat. Most people simply look for the Stamp. They know they're guaranteed at least half a serving (8g) every time they choose a food with the Stamp. If they eat all six of their daily grain servings as "Stamped" foods, they're sure to get the three servings or more recommended by experts.

## The Whole Grain Stamp

Different Numbers on Every Product



**Basic Stamp**  
at least 8g (1/2 serving) of WG

**100% Stamp**  
NO refined grain AND  
at least 16g (1 serving) of WG

Oldways and the Whole Grains Council

28 of 41

Foods like pasta – with a fairly large standard serving size and virtually no ingredients other than grain – may show a number as high as 56 grams on their Stamp. You'll see a wide range of numbers on the Stamp.

About 3/4 of the products currently certified to use the Whole Grain Stamp offer a serving or more of whole grain.

## Test Your Knowledge

This section is totally optional, but your group may find it fun to test its knowledge at the end of the session.

You can have them figure out their responses individually then put up the answer for each question -- or you can invite the class to shout out the answers.

If you skip this self-quiz, we recommend you move the two summary slides up, so that your group will be reminded about all the great information on the Whole Grains Council website.

## #1. What are Whole Grains?

- a. Grains that are darker in color.
- b. Grains that are low carb.
- c. Grains that contain the bran, germ and endosperm.
- d. Grains that are organic.
- e. Grains that have been fortified.

## #1. What are Whole Grains?

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## #2. Which are always whole grain?

- a. Barley
- b. Oatmeal
- c. Enriched Wheat Flour
- d. 100% Wheat Bread
- e. All of the above
- f. None of the above



**#2. Which are always whole grain?**

- a. Barley
- b. Oatmeal
- c. Enriched Wheat Flour
- d. 100% Wheat Bread
- e. All of the above
- f. None of the above

**#3. Which guarantees a half serving or more of Whole Grain?**

- a. 
- b. 
- c. 
- d. 
- e. 

**#3. Which guarantees a half serving or more of Whole Grain?**

- a. 
- b. 
- c. 
- d. 
- e. 

**#4. True or False?**

Whole grain products are always high in dietary fiber.

- a. True
- b. False

#### #4. True or False?

Whole grain products are always high in dietary fiber.

- a. True
- b. False

*A full serving of whole grain will range from 1g of fiber to 5g of fiber. Fiber is only ONE of whole grain's benefits.*

#### #5. Which indicates whole grain?

- a. Stoneground
- b. Unbleached
- c. Multigrain
- d. Wheat
- e. All of the above
- f. None of the above

**#5. Which indicates whole grain?**

- a. Stoneground
- b. Unbleached
- c. Multigrain
- d. Wheat
- e. All of the above
- f. None of the above**

**Visit our website!**



(Before you give your Whole Grains Store Tour, visit our website yourself and note three or four sections you think are especially interested. When you get to this screen, mention some of the website's features, such as:

- a. Health studies under Whole Grains 101
- b. Lists of products using the Stamp under Find Whole Grains
- c. Recipes under Recipes
- d. Information on gluten free whole grains, under Whole Grains 101 and so on....)

## The Whole Grains Council



**Helping people worldwide  
enjoy more whole grains**

[www.WholeGrainsCouncil.org](http://www.WholeGrainsCouncil.org)

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41 of 41





# Recorrido por la Tienda sobre Granos Integrales

## Referencia para Leer las Etiquetas

| Si dice esto en la lista de ingredientes...   | Significa esto...   |
|---|---|
| <ul style="list-style-type: none"> <li>* Granos integrales [nombre del grano]</li> <li>* Trigo integral</li> <li>* [Otro grano] integral o entero</li> <li>* [Grano] integral molido en molino</li> <li>* Arroz integral</li> <li>* Hojuelas, avena (incluyendo avena tradicional e instantánea)</li> <li>* Grano de trigo tosco</li> </ul> | <p><b>SÍ</b>, es un grano integral. Este contiene todas las partes del grano, de modo que usted obtiene todos los nutrientes del grano integral.</p>  |
| <ul style="list-style-type: none"> <li>* Harina de trigo</li> <li>* Semolina</li> <li>* Trigo duro</li> <li>* Harina orgánica</li> <li>* Multigrano (puede describir varios granos integrales o refinados o una mezcla de ambos)</li> </ul>   | <p><b>QUIZÁS</b> – Estos términos son descripciones exactas del contenido de los paquetes, pero debido a que algunas partes del grano <b>PUEDEN</b> faltar, es probable que no obtenga los beneficios de los granos integrales.</p> |
| <ul style="list-style-type: none"> <li>* Harina enriquecida</li> <li>* Sin germen (en la harina de maíz)</li> <li>* Salvado</li> <li>* Germen de trigo</li> </ul>   | <p><b>NO</b> – Estos términos nunca describen a los granos integrales.</p>  |

| Si ve esto en el paquete...   | Significa esto...   |
|---|---|
| <p>“Las dietas ricas en alimentos con granos integrales y otros alimentos provenientes de las plantas, así como bajas en grasas saturadas y colesterol, pueden ayudar a reducir el riesgo de padecer una cardiopatía”</p>   | <p><b>SÍ</b>. Esta es una afirmación relacionada con la salud y los granos integrales, permitida por la FDA. Significa que al menos un 51% del peso total de un producto consiste en granos integrales.</p>   |
| <p>The image shows two yellow stamps from the Whole Grains Council. The first is 'THE BASIC STAMP' with '100%' and '23g or more per serving' and 'EAT 48g or more of WHOLE GRAINS DAILY'. The second is 'THE 100% STAMP' with '100%' and '16g or more per serving' and 'EAT 48g or more of WHOLE GRAINS DAILY'.</p> | <p><b>SÍ</b>. Estos son sellos de granos integrales. Cada vez que vea un sello, sabrá que con ese producto puede obtener al menos la mitad de una porción (8g) de granos integrales o a menudo más. Revise el número en el sello.</p>   |
| <p>Hecho con granos integrales</p>  | <p><b>QUIZÁS</b>. Esto significa que el producto tiene una cierta cantidad de granos integrales, pero probablemente no una gran cantidad (probablemente no lo suficiente como para cumplir con los requisitos para incluir un sello WG o la afirmación de salud de la FDA).</p> |



# Recorrido por la Tienda sobre Granos Integrales

## Lista de Compras

Busque estos productos en sus **opciones con granos integrales** para que al menos la mitad de su consumo de granos sea de granos integrales.

### En el pasillo de los cereales

- Avena (instantánea, rápida, regular)
- Otros cereales calientes
- Cereales fríos incluyendo la granola

### En el departamento de panadería

- Pan para sándwiches
- Bagels
- Pan pita o pan sin levadura
- Tortillas (maíz integral, trigo integral)
- Bollos para hot dog o hamburguesas
- Bollo inglés
- Croissants o cuernitos
- Migas de pan
- Panes tradicionales o caseros
- Base para pizza
- Muffins

### En los refrigeradores/congeladores

- Pizza
- Burritos
- Bocaditos rellenos (stuffed pockets)
- Platillos congelados
- Pan francés (French toast)
- Waffles congelados

### Arroz y guarniciones de granos

- Arroz integral (regular o instantáneo)
- Arroz de otros colores
- Trigo bulgur, quínoa u otros granos
- Arroz silvestre
- Platillos con arroz o granos condimentados

### Pasta

- Tortellini
- Ravioli
- Spaghetti y pasta de otras formas
- Macarrones con queso
- Fideos de huevo
- Cuscús
- Lasaña

### Tentempiés y otras delicias

- Galletas saladas
- Palomitas
- Totopos (tortilla chips) de maíz integral
- Frituras de granos integrales
- Pretzels
- Tortitas de arroz integral
- Barras de granola y otras barritas
- Galletas
- Pasteles
- Bases para pai

### Mezclas para hornear

- Mezcla para todo uso (como Bisquick®)
- Mezcla para muffins
- Mezcla para bollos o scones
- Mezcla para galletas y brownies
- Mezcla para hacer panes
- Mezcla para hacer masa de pizza
- Mezcla para waffles y hotcakes
- Harina (de trigo integral y otras)

### Otros

- Leche de arroz integral
- Sopas

¿No está seguro de qué productos y marcas están disponibles en opciones de granos integrales? Recorra los pasillos de la tienda y busque los productos con el sello de granos integrales o vaya al sitio <http://wholegrainscouncil.org/find-whole-grains/stamped-products> para ver una lista de 2000 productos que contienen media ración o más de granos integrales por porción.



# Make Half Your Grains Whole

## Whole Grains Store Tour

### Quick & Easy In-Store Sampling Ideas

Your store carries scores of whole grain products you can feature at in-store sampling events. It's even more exciting for customers, however, if you have a themed tasting that helps them picture making half their grains whole. Consider these ideas:

**Party Time!** Serve hummus, salsa, or other dips, along with:

- Whole grain crackers
- Whole grain pita triangles
- Whole grain chips and/or pretzels
- Popcorn

**Have a Whole-some Breakfast**, with one of these approaches:

- Oatmeal bar with toppings (fruit, dried fruit, nuts, coconut, etc.)
- Cold cereal smorgasbord – try five different whole grain cereals (without milk)
- An assortment of whole grain granola bars and breakfast bars
- Whole grain English muffins with jelly
- A selection of whole grain waffles in different flavors

**Let's do Lunch** – beyond the obvious sandwiches

- Tabbouleh salad (made with bulgur)
- Whole grain soup, such as wheatberry chili or barley-mushroom
- Whole grain macaroni and cheese
- Stuffed pockets (such as whole grain Lean Pockets)
- Pizza with whole grain crust

**What's for Dinner?**

- Whole grain pasta with Italian chicken sausage and tomato sauce
- Flavored brown rice; Instant or 90-second brown rice
- Hearty or exotic grain side dishes
- A selection of whole grain breads
- Whole grain cookies, brownies, or cake

**OR...Invite your participants to choose what they'd like to sample.**

You may want to invite your participants to pick a few products as you roam the store, and sample those specific choices.

*Not sure what products might qualify for a whole grain sampling event?*

- ... roam your store's aisles and look for the Whole Grain Stamp or
- ... visit <http://wholegrainscouncil.org/find-whole-grains/stamped-products> to see a list of 2000 products that contain a half-serving or more of whole grain per portion.

# NUTRITION

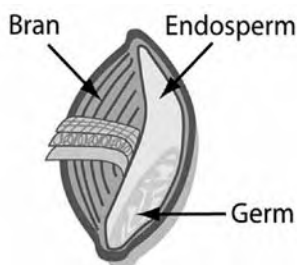
## FACT SHEET

### Whole Grains Made Easy

In the past, whole grains were thought to provide nothing more than fiber. However, new research reveals that whole grains offer vitamins and minerals, plus high levels of antioxidants and other healthy plant-based nutrients.

Whole grains contain protective antioxidants in amounts near or exceeding those in fruits and vegetables. They also provide some unique antioxidants not found in other foods. Corn, for example, has almost twice the antioxidant activity of apples. Wheat and oats almost equal broccoli and spinach in antioxidant activity.

Research continues to turn up new evidence on the benefits of whole grains. We've known for years that the fiber in whole grain helps promote digestive health. More recently, studies have shown that eating more whole grains may help reduce the risk of heart disease, cancer and diabetes. New studies published in 2005 and 2006 show that whole grains may lower triglycerides, improve insulin control, help with weight management, and slow the buildup of arterial plaque.



#### What Is a Whole Grain?

All grains start out as whole grains. If, after milling, they keep all three parts of the original grain—the starchy endosperm, the fiber-rich bran, and the germ—in their original proportions, they still qualify as whole grains.

#### DAILY RECOMMENDED GRAIN SERVINGS FOR INACTIVE AMERICANS

| Age   | Minimum Whole Grains |       | Total Grains Per Day |       |
|-------|----------------------|-------|----------------------|-------|
|       | Females              | Males | Females              | Males |
| 2-3   | 1.5                  | 1.5   | 3                    | 3     |
| 4-8   | 2                    | 2.5   | 4                    | 5     |
| 9-13  | 3                    | 3     | 5                    | 6     |
| 14-18 | 3                    | 3.5   | 6                    | 7     |
| 19-30 | 3                    | 4     | 6                    | 8     |
| 31-50 | 3                    | 3.5   | 6                    | 7     |
| 51+   | 3                    | 3     | 5                    | 6     |

Source: MyPyramid.gov

#### Make Half—or More—of Your Grains Whole

The 2005 Dietary Guidelines recommend that Americans “make half their grains whole.” This means most people should consume three or more servings of whole grains each day. This is a minimum—the Dietary Guidelines say that “more whole grains up to all the grains recommended may be selected.” The chart above shows recommendations for typically inactive Americans. Active people would need even more whole grains. Four, five, even six servings of whole grains daily are not unreasonable.

*The contents of this fact sheet have been reviewed by the American Dietetic Association's Fact Sheet Review Board. The appearance of this information does not constitute an endorsement by ADA of the sponsor's products or services. This fact sheet was prepared for the general public. Questions regarding its content and use should be directed to a registered dietitian.*

**Whole Grains are Healthy, Convenient and Delicious**

Consumers may still worry that finding and preparing whole grains could be difficult. However, new whole grain foods introduced in the past two years provide plenty of options to appeal to everyone’s taste, budget and busy schedule.

Americans today can enjoy a broad range of whole grain ready-to-eat cereals, white whole wheat bread, 90-second brown rice, instant oatmeal, popcorn, whole grain crackers, whole grain chips, and many more 21st century choices.

**Family-Friendly Whole Grain Ideas for Every Meal**

|           | <b>BREAKFAST</b>                | <b>LUNCH</b>                     | <b>SNACK</b>                | <b>DINNER</b>                              |
|-----------|---------------------------------|----------------------------------|-----------------------------|--|
| MONDAY    | Whole grain bagel               | Stuffed whole grain pita         | Popcorn                     | Brown rice with a stir fry                 |
| TUESDAY   | Whole grain raisin toast        | Sandwich on rye bread            | Whole grain crackers        | Whole grain pasta with your favorite sauce |
| WEDNESDAY | Whole grain ready-to-eat cereal | Whole grain wrap                 | Oatmeal cookie              | Tacos in corn tortillas                    |
| THURSDAY  | Oatmeal                         | Sub sandwich on whole grain roll | Whole grain chips           | Wild rice                                  |
| FRIDAY    | Whole grain English muffin      | Whole grain veggie burger        | Whole grain granola bar     | Bulgur pilaf                               |
| SATURDAY  | Whole grain waffles             | Hamburger on whole grain bun     | Whole grain graham crackers | Homemade pizza on whole grain pita crust   |
| SUNDAY    | Whole grain pancakes            | Barley mushroom soup             | Whole grain pretzels        | Whole grain cornbread                      |

**What is a Serving of Whole Grain?**

The Dietary Guidelines define a serving (or “ounce-equivalent”) of grain as 1 slice of 100% whole grain bread, a cup of 100% whole grain cereal, or 1/2 cup of 100% whole grain hot cereal, cooked pasta, rice or other grain. As Americans begin to appreciate the nuttier, fuller taste of whole grains, many start with products made with a mix of whole and enriched grains. In these foods, servings are counted differently: 16 grams or more

of whole grain ingredients counts as a full serving. This means most Americans need 48 grams or more of whole grains daily. A growing number of foods are being labeled with information about whole grain content (often in grams), making it easier for consumers to identify whole grain products. Foods made only with bran are not whole grain products. High fiber is not always equivalent to whole grain. Check the ingredient list for whole grains among the first ingredients.

For a referral to a registered dietitian and for additional food and nutrition information visit **WWW.EATRIGHT.ORG**

What’s your most valuable source of good nutrition? Registered Dietitians are the experts when it comes to helping people eat well and stay healthy. An RD has the knowledge and expertise to develop an eating plan to meet the needs of all individuals.



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# NUTRITION

## FACT SHEET

### Granos Integrales

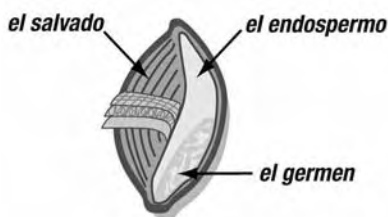
En el pasado, se pensaba que los granos integrales no aportaban nada más que fibra. Sin embargo, nuevas investigaciones científicas revelan que los granos integrales ofrecen vitaminas y minerales, además de altos niveles de antioxidantes y otros nutrientes derivados de las plantas.

Los granos integrales contienen casi las mismas, ó mayores, cantidades de antioxidantes protectores que las frutas y verduras. También proporcionan antioxidantes únicos que no se encuentran en otros alimentos. El maíz, por ejemplo, tiene casi el doble de actividad antioxidante que la manzana. El trigo y la avena casi igualan al brócoli y las espinacas en niveles de antioxidantes.

Las investigaciones científicas continúan a descubrir nueva evidencia acerca de los beneficios que aportan los granos integrales. Hemos sabido durante muchos años que la fibra en los granos integrales ayudan a promover la salud digestiva. Más recientemente, los científicos han descubierto que el consumir mayores cantidades de granos integrales puede reducir el riesgo de enfermedades cardíacas, el cáncer, y la diabetes. Nuevos estudios publicados en el 2005 y 2006 muestran que los granos integrales pueden ayudar a bajar los triglicéridos, mejorar el control de la insulina, ayudar con el manejo de peso, y reducir la acumulación de placa en las arterias.

#### ¿Qué es un grano integral?

Todos los granos empiezan enteros, ó integrales. Si después de pasar por un molino aún retienen sus tres partes originales— el endospermo lleno de almidón, el salvado repleto de fibra, y el germen—en las proporciones originales, se califica como un grano integral.



#### RECOMENDACIÓN DIARIA DE PORCIONES DE GRANOS PARA AMERICANOS INACTIVOS

##### Mínimo Consumo de Granos Integrales

| Edad  | Mujeres | Hombres |
|-------|---------|---------|
| 2-3   | 1.5     | 1.5     |
| 4-8   | 2       | 2.5     |
| 9-13  | 3       | 3       |
| 14-18 | 3       | 3.5     |
| 19-30 | 3       | 4       |
| 31-50 | 3       | 3.5     |
| 51+   | 3       | 3       |

##### Granos Totales por Día

| Edad  | Mujeres | Hombres |
|-------|---------|---------|
| 2-3   | 3       | 3       |
| 4-8   | 4       | 5       |
| 9-13  | 5       | 6       |
| 14-18 | 6       | 7       |
| 19-30 | 6       | 8       |
| 31-50 | 6       | 7       |
| 51+   | 5       | 6       |

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#### De los granos que consumes, asegúrate que la mitad o más, sean integrales

Las Guías Alimentarias para los Estadounidenses, 2005 recomiendan que la mitad de los granos que los Americanos consumen sean integrales. Esto quiere decir que la mayoría de las personas deben consumir tres o más porciones de granos integrales cada día. Eso es un mínimo—las Guías Alimentarias dicen que ‘mayores cantidades de granos integrales, incluyendo todos los granos enteros recomendados, pueden ser seleccionados’. La gráfica anterior indica las recomendaciones para los Americanos inactivos. Las personas activas necesitan consumir aún más granos integrales. Cuatro, cinco, o hasta seis porciones serían razonables.

El consumidor tal vez puede seguir preocupado con la idea de que los granos integrales son difíciles de

El contenido de esta guía de datos nutricionales ha sido revisado por la Junta de Revisión de la Asociación Dietética Americana (ADA). Esta información no constituye una promoción por parte de la ADA a favor de los productos o servicios del patrocinador. Esta guía de datos nutricionales fue preparada para el público en general. Preguntas sobre su contenido y uso deben ser dirigidas a una dietista registrada.

## Granos Integrales (continuado)

encontrar y preparar. Sin embargo, los nuevos alimentos hechos con granos integrales que han entrado al mercado en los últimos dos años ofrecen una variedad de opciones que apetece a todos los gustos, presupuestos, y apresurados ritmos de vida.

Hoy, los Americanos pueden disfrutar de una gran variedad de alimentos hechos con granos integrales, por ejemplo los cereales listos para comer, el pan blanco integral, el arroz integral que se cocina en 90-segundos, la avena instantánea, las palomitas de maíz, las galletas integrales, y muchas más opciones hechas para el siglo XXI.

### ¿Qué Constituye un Porción de Granos Integrales?

Las Guías Alimentarias definen una porción (o equivalente en onzas) de grano integral como 1 rebanada de pan 100% integral, 1 taza de cereal 100% integral, ó ½ taza de cereal caliente 100% integral, pasta cocida,

arroz u otro grano. Mientras los Americanos empiezan a apreciar el sabor intenso y variado de los granos integrales, muchos empiezan con productos hechos con una mezcla de granos integrales y enriquecidos. En estos alimentos, las porciones se determinan de una manera diferente: 16 gramos o más de ingredientes hechos de granos integrales cuenta como una porción entera. Esto quiere decir que la mayoría de los Americanos necesitan 48 gramos o mas de granos integrales diarios. Un creciente número de alimentos empiezan a incluir información sobre el contenido de granos integrales (generalmente en gramos) en sus etiquetas nutricionales. Lo cual ayuda a los consumidores identificar estos productos más sencillamente. Aquellos alimentos hechos solamente con salvado no están hechos con granos integrales. Un alto contenido de fibra no siempre es equivalente a un grano integral. Revise los ingredientes y asegúrese de que los granos integrales sean los primeros en la lista.

## COMIDAS HECHAS CON GRANOS INTEGRALES: IDEAS PARA TODA LA FAMILIA

|           | DESAYUNO                            | COMIDA                                   | MERIENDA                    | CENA                                 |
|-----------|-------------------------------------|--|-----------------------------|--------------------------------------|
| LUNES     | Bagel integral                      | Sándwich de pan Árabe integral           | Palomitas de maíz           | Arroz integral con pollo             |
| MARTES    | Pan tostado integral con pasas      | Sándwich hecho con pan centeno           | Galletas saladas integrales | Pasta integral con tu salsa favorita |
| MIERCOLES | Cereal integral listo para comer    | Burrito hecho con tortilla integral      | Galletas de Avena           | Tacos hechos con tortilla de maíz    |
| JUEVES    | Avena                               | Sándwich hecho con pan integral          | Chips integrales            | Arroz salvaje                        |
| VIERNES   | Huevo revuelto con tortilla de maíz | Hamburguesa vegetariana con pan integral | Barrita de granola integral | Ensalada de Quinoa y verduras        |
| SABADO    | Waffles integrales                  | Hamburguesa con pan integral             | Galletas integrales graham  | Pizza casera hecha con masa integral |
| DOMINGO   | Panqueque integrales                | Sopa de cebada y champiñones             | Pretzels integrales         | Pan de maíz integral                 |

Para recomendación a un dietista registrado y para más información sobre alimentos y nutrición, visite [WWW.EATRIGHT.ORG](http://WWW.EATRIGHT.ORG)

¿Cuál es la fuente de información nutricional más importante para usted? Los Dietistas registrados son expertos cuando se trata de ayudar a las personas a comer bien y mantenerse sano. Los dietistas registrados tienen el conocimiento y la experiencia necesaria para desarrollar un plan de alimentación que satisface las necesidades de todo tipo de individuos.

**American Dietetic Association**  
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## **Recetas de Granos Integrales para la Familia que son Fáciles y Rápidas de Preparar**

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### **Pizza de Pan Árabe Integral**

*rinde 2 porciones*

- 2 panes Árabes (pita) integrales redondos de 6-7"
- 6 onzas salsa para spaghetti (aproximadamente 1/4 de un frasco)
- 3 onzas queso mozzarella parcialmente descremado y rallado
- 1 taza verduras picadas (cebolla, pimienta, champiñones, espinacas, aceitunas o lo que usted prefiera)
- un chorrito aceite de oliva

- 1) Caliente previamente el horno a 350° F. Esparza la mitad de la salsa en cada pan pita. Si va a usar espinaca fresca, añádala antes del queso, para que no se seque mucho.
- 2) Agregue el queso, dividido entre las dos pizzas y después las verduras. Rocíe el aceite de oliva.
- 3) Hornee a 350° F durante 15 minutos en una charola para pizza o para galletas.

*Esta pizza es mucho más sana que una pizza del supermercado o de un restaurante, porque tiene una base integral, muchas verduras y una buena cantidad de queso. Si gusta, puede añadir trocitos de salchicha italiana de pollo o pavo. ¡A los niños les encanta decorar su propia pizza!*

### **Avena Irlandesa con Manzanas**

*rinde 4 porciones*

- 1 taza avena irlandesa (cortada en máquina)
- 4 tazas agua (nosotros usamos un poco menos)
- 4 manzanas o peras pequeñas, lavadas, sin el corazón y picadas (no es necesario pelarlas)
- Una pizca canela o nuez moscada
- Un puño nueces de castilla o pacanas
- Suficiente leche (de soya o de vaca)

- 1) Ponga la avena en una olla y añada el agua. En general es bueno tener 1/4 de taza de avena y una taza de agua por persona. Si quiere que la avena esté más seca, use menos agua la próxima vez.
- 2) Deje hervir y luego deje cocer a fuego lento. Mantenga la temperatura de modo que la avena burbujee mucho, pero que no empiece a subir. Deje la olla sin cubrir y revuelva cada 5 minutos.
- 3) Mientras, quítele el corazón a las manzanas, córtelas y póngalas en 4 tazones para cereal que puedan meterse al microondas. Añada un poco de canela y nuez moscada al gusto. Meta los tazones sin cubrir al microondas y cocine las manzanas en la opción "high" durante 4 minutos.
- 4) Cuando la avena tenga el espesor que le gusta (tarda como 15 a 20 minutos), sívala en los tazones, encima de las manzanas.
- 5) Rocíe las nueces y añada la leche mientras come el cereal para mantener el espesor que le gusta.

*La avena irlandesa tiene una textura diferente a la avena normal. Pruébela para saborear algo diferente. La avena normal es también un alimento muy sano y se cuece más rápido. Use distintas frutas como duraznos, moras azules frescas, etc.*





## Recetas de Granos Integrales para la Familia que son Fáciles y Rápidas de Preparar

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### Ensalada de Quínoa y Maíz

rinde 4 porciones

Para el aderezo:

|               |  |
|---------------|--|
| 3 cucharadas  | jugo de limón fresco (1 limón)                                 |
| 2 cucharadas  | aceite de oliva  |
| 2 cucharadas  | cilantro o perejil picado                                      |
| 2 tallos      | cebollino picados  |
| 1 cucharadita | ajo picado   |
| 1 cucharadita | comino molido  |
| 1/4 taza      | quínoa (enjuagada) o trigo bulgur                              |
| 1/2 taza      | caldo de pollo o vegetal                                       |
| 1 lata        | frijoles negros, sin caldo y enjuagados                        |
| 1             | jitomate sin semillas y en cubitos                             |
| 1 taza        | granos de elote fresco o enlatado (si usa elote fresco, use 3) |

- 1) Cueza la quínoa o el bulgur en el caldo durante 12 a 15 minutos, hasta que el líquido se absorba.
- 2) Mientras se cuece el cereal, mezcle los ingredientes del aderezo en un tazón grande.
- 3) Añada los frijoles sin caldo y enjuagados, el jitomate y los granos de elote.
- 4) Deje que el cereal se enfríe a temperatura ambiente y luego mézclelo con los otros ingredientes. Enfríe hasta que esté listo para servir.

*Esta ensalada es mejor si se prepara durante el verano con elote y jitomates frescos. Si usa quínoa, enjuáguela primero en un colador para eliminar cualquier rastro de saponina, que es una sustancia que cubre a la quínoa y que le da un sabor amargo.*

### Ensalada de Trigo Bulgur

rinde 4 porciones

|                 |  |
|-----------------|--|
| 1               | naranja o limón. Primero ralle la cáscara y luego exprima el jugo.       |
| 1 taza          | bulgur crudo   |
| 1 lata          | frijoles negros sin caldo y bien enjuagados (lata de 14-15 onzas)        |
| 1               | pimiento rojo cortado en trozos pequeños                                 |
| 6 tallos        | cebollino cortados en trozos pequeños (la parte verde y la parte blanca) |
| 4 cucharadas    | perejil fresco picado  |
| 2 cucharaditas  | vinagre  |
| 2 cucharadas    | aceite de canola o de oliva  |
| 1/2 cucharadita | comino molido  |

- 1) Ponga 1 taza de bulgur y 2 tazas de agua en una olla cubierta. Deje que hierva y luego cocine a fuego lento durante 12 a 15 minutos hasta que el líquido se absorba.
- 2) Lave la naranja y luego ralle la cáscara (yo generalmente uso un rallador de queso). Corte la naranja a la mitad y exprima el jugo en un tazón grande.
- 3) Añada al tazón la cáscara de naranja, el vinagre, el aceite y el comino.
- 4) Corte todas las verduras mientras se cuece el bulgur.
- 5) Añada las verduras y los frijoles enjuagados al tazón y mezcle. Agregue el bulgur cocido y mezcle de nuevo.

*Use bulgur o arroz integral cocido que le haya quedado de la cena anterior o use cuscús de trigo integral. Añada las verduras que prefiera. Puede usar limón en lugar de naranja si prefiere.*



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### Pilaf con Champiñones

rinde 4 porciones generosas o 6 porciones pequeñas

|             |  |
|-------------|--|
| 1/2         | cebolla picada                               |
| 1 taza      | champiñones en rebanadas (4 o 5 champiñones) |
| 1 cucharada | aceite de canola o de oliva                  |
| 1 taza      | arroz integral                               |
| 2 tazas     | caldo de pollo o vegetal                     |

- 1) Caliente el aceite en una olla grande y dore la cebolla y los champiñones durante 5 minutos aproximadamente.
- 2) Agregue 1 taza de arroz integral y revuelva para cubrir los granos con el aceite.
- 3) Añada 2 tazas de caldo, deje que hierva y luego baje el fuego a fuego lento.
- 4) Cocine a fuego lento durante 45 minutos aproximadamente o hasta que el líquido se absorba. El tiempo de cocción para el arroz integral varía dependiendo de la variedad del arroz. Revise las instrucciones en el paquete.

*El arroz integral no es siempre de color café. Vea algunas de las variedades exóticas que venden compañías como Lotus Foods. El arroz rojo de Bután, por ejemplo, se cuece en 20 minutos aproximadamente y es una muy buena opción para una guarnición gourmet.*

*Usted puede preparar un pilaf como este con cualquier cereal, no solo arroz. Simplemente cambie la cantidad de caldo y el tiempo de cocción según los diferentes cereales. Si tiene prisa, use bulgur o quínoa, que se cocinan en menos de 15 minutos.*

### Sandwich de Salchicha italiana

rinde 4 porciones

- 4 salchichas italianas de pollo o pavo precocidas
- 2 pimientos rojos o verdes, cortados en rebanadas delgadas
- 1 cebolla grande cortada en rebanadas delgadas
- 2 panes Árabes (pita) integrales, grandes cortados a la mitad

- 1) Haga un corte a lo largo de la salchicha para partirla a la mitad y dore la parte plana en un poquito de aceite de canola o de oliva.
- 2) Saltee las rebanadas de cebolla y pimiento en un poquito de aceite hasta que estén suaves o usted decide si las deja un poco crujientes.
- 3) Rellene cada pan pita con una cuarta parte de las verduras y dos mitades de salchicha.

*¿La salchicha italiana es sana? ¡Sí! ¿Quién iba a pensarlo, no? Una buena salchicha de pollo o pavo tiene todo el sabor de una salchicha de puerco grasosa, pero sin la grasa extra que no es sana. Otras de las ventajas son:*

- *Que tiene muy buen sabor. Busque variedades como la italiana, teriyaki con jengibre, ajo asado, tomate y albahaca y jalapeño picante.*
- *Tiene aproximadamente la mitad de las calorías, 1/3 del total de grasas y 1/3 de las grasas saturadas.*
- *Está precocida y es rápida de preparar. Solo tiene que dorarla ligeramente para darle más sabor y buena apariencia.*
- *Puede picar la salchicha que le haya quedado en trocitos y congelarla. Después puede añadirla a omelettes, sopas o ensaladas para darles más sabor.*

*Agregue suficientes verduras y sirva con pan pita o bollos integrales. Éste es un platillo muy sano.*

*Puede sustituir el pan pita con bollos para sándwich integrales, pero el pan pita es más fácil de encontrar y es más fácil rellenarlo con las verduras.*



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### Pasta Primavera con Camarones

rinde 4 porciones

- 1/2 libra de camarones precocidos congelados
- 2 tazas verduras mixtas cocidas-según su preferencia (algunas buenas opciones son pimiento rojo, calabacita, cebolla, champiñones, brócoli y ajo)
- 1 taza espinaca lavada y picada
- 1 frasco salsa para spaghetti sin endulzar (usted elija el sabor)
- 8 onzas pasta de trigo integral en espiral
- un poco queso parmesano recién rallado (opcional)

- 1) Llene una olla grande con agua y deje que hierva. Añada la pasta y cocine según las instrucciones del paquete.
- 2) Descongele los camarones con agua fresca y córtelos la cola.
- 3) Pique las verduras y saltéelas en un poquito de aceite de oliva hasta que estén tiernas pero crujientes.
- 4) Añada la espinaca, la salsa para spaghetti y los camarones a las verduras y caliente hasta que la espinaca se suavice.
- 5) Cuele la pasta y combínela con la salsa, las verduras y los camarones. Rocíe queso encima, si lo desea.

*Use diferentes verduras. Sustituya los camarones con pollo, frijoles o una salchicha de pollo. Usted puede reinventar esta receta de miles maneras y todas se pueden hacer en aproximadamente 10 minutos.*

### Ensalada de Pasta y Espinaca

rinde 4 porciones

- 6 onzas pasta integral de trigo, de arroz o de quínoa y maíz sin cocer
- 2 cucharadas jugo de limón (es aproximadamente el jugo de medio limón)
- 3 cucharadas aceite de oliva
- 2 cucharaditas ajo picado (2 dientes)
- 4 tazas espinacas frescas, lavadas y picadas
- 1 lata garbanzos o algún tipo de frijol blanco o alubias, sin caldo y enjuagados
- 2 onzas queso feta

- 1) Ponga una olla grande de agua a hervir y cueza la pasta según las instrucciones del paquete (la pasta integral en espiral es buena y tarda aproximadamente 8 minutos en cocerse).
- 2) En un tazón grande para ensalada mezcle el jugo de limón, el aceite y el ajo. El ajo que venden ya picado es muy útil.
- 3) Mientras la pasta hierve, lave y pique la espinaca, y cuele y enjuague los frijoles.
- 4) Cuele la pasta y mezcle con el aderezo en el tazón. Agregue la espinaca, los frijoles y el queso feta y mezcle.
- 5) Enfríe durante una hora o más o simplemente disfrute la ensalada tibia con sal y pimienta al gusto.

*La pasta integral viene en muchas variedades además del trigo integral. Busque en su supermercado pasta de arroz o pasta hecha con una mezcla de quínoa y maíz. ¡Pruébelas todas!*



## Recetas de Granos Integrales para la Familia que son Fáciles y Rápidas de Preparar

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### Cebada con Curry y Pasas

rinde 4 porciones

|                |  |
|----------------|--|
| 1/2 taza       | cebada integral  |
| 2 tazas        | caldo o agua   |
| 2 cucharaditas | aceite de oliva  |
| 1              | cebolla grande (más o menos 2 tazas) en rebanadas delgadas |
| 1 cucharadita  | ajo picado   |
| 1 cucharadita  | curry en polvo   |
| 2 cucharadas   | pasas  |
| 2 cucharadas   | perejil fresco picado                                      |
| 2 cucharadas   | almendras tostadas, finamente rebanadas                    |

*\*La cantidad de los últimos 3 ingredientes es aproximada. Usted decide cuanto poner.*

- 1) Cueza la cebada en el caldo o agua durante 45 minutos, hasta que el líquido se absorba.
- 2) Mientras se cuece la cebada, en una sartén grande, saltee la cebolla en el aceite durante 15 minutos, revolviendo ocasionalmente hasta que esté dorada.
- 3) Agregue el ajo y el curry en polvo. Mezcle y cocine un minuto más para mezclar las especias.
- 4) Cuando la cebada esté cocida, agréguela a la sartén y mezcle bien para que la cebada se cubra con las deliciosas especias y el aceite.
- 5) Apague el fuego y añada las pasas, el perejil y las almendras. Añada sal y pimienta al gusto.

*La cebada no solo se usa en sopas. Usted puede añadir camarones, pollo u otro tipo de proteína magra a esta receta. Si sirve este platillo como plato principal con una ensalada, tendrá una comida sana y completa.*

### Galletas de Chispas de Chocolate

rinde 4 docenas de galletas

|                |   |
|----------------|---|
| 1 y 1/2 barras | mantequilla   |
| 3/4 taza       | Splenda o azúcar  |
| 1/2 taza       | azúcar morena   |
| 1 cucharadita  | vainilla  |
| 2              | huevos grandes o 1/2 taza de mezcla de claras de huevo empacada (egg beaters) |
| 1 cucharadita  | bicarbonato   |
| 1 y 3/4 taza   | harina de trigo integral  |
| 1/4 taza       | fibra o salvado de trigo  |
| 1/4 taza       | harina de linaza  |
| 1 y 1/2 tazas  | chispas de chocolate semi amargo  |
| 1 y 1/2 tazas  | nueces de castilla picadas  |

- 1) Caliente el horno previamente a 375° F.
- 2) Con una batidora eléctrica, bata la mantequilla y el azúcar; después, agregue la vainilla y los huevos.
- 3) En un tazón aparte, combine el bicarbonato, las harinas, el salvado y la harina de lino. Puede usar 2 y 1/4 de tazas de harina de trigo integral en lugar de la mezcla de harinas, el salvado y la harina de lino.
- 4) Gradualmente, añada la mezcla de harinas al tazón y mezcle bien.
- 5) Añada las nueces y las chispas de chocolate y mezcle bien.
- 6) Ponga cucharadas de la masa en una charola para galletas y hornee de 8 a 10 minutos a 375° F.

*Esta receta es una contribución de Arline Wills de Lynnfield, MA, quien modificó la receta tradicional del paquete de las chispas de chocolate para que las galletas sean más sanas.*



## Recetas de Granos Integrales para la Familia que son Fáciles y Rápidas de Preparar

Visite [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org) para más recetas e ideas para menú

### Poste Crujiente de Manzana y Mora Azul

rinde 8 porciones

|               |  |
|---------------|--|
| 4             | manzanas (las manzanas McIntosh y Cortland son buenas para repostería) |
| 2 tazas       | moras azules   |
| 1/3 taza      | harina de trigo integral   |
| 1 taza        | hojuelas de avena  |
| 1 cucharadita | canela   |
| 1/2 taza      | azúcar morena  |
| 4 cucharadas  | aceite de canola   |

- 1) Caliente previamente el horno a 350°F. Rocíe un molde de 8 x 8 pulgadas o 9 x 9 pulgadas con aceite en aerosol o úntela con mantequilla.
- 2) Lave las manzanas, quíteles el corazón y píquelas. No es necesario pelarlas. Póngalas en el molde con las moras azules.
- 3) En otro tazón pequeño, mezcle la harina, la avena, el azúcar y el aceite hasta que tenga una consistencia con grumos. Esparza la mezcla sobre la fruta de manera uniforme.
- 4) Hornee a 350°F durante 40 minutos aproximadamente o hasta que haga burbujas.

*Sírvalo así o con helado de yogurt bajo en grasa.*

### Pai de Manzana Estilo Sueco

rinde 6 a 8 porciones

|                 |   |
|-----------------|---|
| 1               | huevo grande o extra grande                                 |
| 1/2 taza        | azúcar  |
| 1/2 taza        | harina de trigo integral                                    |
| 1 cucharadita   | bicarbonato   |
| 1/2 cucharadita | sal   |
| 1/2 cucharadita | canela  |
| 1/2 cucharadita | vainilla  |
| 3               | manzanas medianas, sin el corazón y picadas, pero sin pelar |
| 1 taza          | nueces (de castilla o pacanas) picadas                      |

- 1) Caliente el horno previamente a 350°F. Rocíe un molde para pai de 10 pulgadas con aceite en aerosol.
- 2) En un tazón grande, mezcle bien el huevo con un tenedor hasta que forme un listón.
- 3) Añada todo lo demás EXCEPTO las manzanas y las nueces y mezcle bien.
- 4) Agregue las manzanas y las nueces y mezcle lo mejor que pueda. Quizás va a pensar que hizo algo mal porque la mezcla estará muy grumosa, tanto que ni siquiera se le puede llamar "masa." De todos modos, siga mezclando lo mejor que pueda y pronto todo se incorporará.
- 5) Con una cuchara ponga la mezcla en el molde y hornee a 350° F durante 30 minutos o hasta que esté ligeramente dorada.

- *Es mejor usar manzanas tipo McIntosh, Cortland u otras manzanas para pie. Usar otras manzanas como las de tipo Fuji, Delicious, etc, puede hacer que el pie esté más seco (pero si esas son las que tiene a la mano, úselas).*
- *Si gusta, puede mezclar peras con las manzanas.*
- *Sírvalo solo, tibio o con una cucharada de helado de yogurt sabor vainilla o con yogurt natural mezclado con un poco de miel maple.*