Virginia Tech
Whole Grain Boot Camp

Presented by: Carolyn Bess
Food Production Manager, D2
Virginia Tech Dining Services serves more than five million meals each year
WHITE PIZZA WITH WHOLE WHEAT CRUST

Whole grains included: Wheat

Whole grains are an important source of selenium, which protects cells from oxidation and is also important for a healthy immune system.

Nutritional Information:
- Serving Size: 1 slice
- Calories: 250
- Fat: 12 grams
- Protein: 12 grams
- Carbs: 28 grams
- Fiber: 3 grams

WHOLE GRAIN RICH OILS & SEEDS

TOTAL VEGGIES
Colonel Grain
Submit your feedback card here for a chance to win a Diamondback Wildwood Citi bike!
Feedback Cards

Would you choose this option again?  Yes  No
What whole grain items would you like to see on future menus?
- Pasta
- Whole grain rice
- Whole grain breads
- Whole grain desserts

Additional Comments:  This is a great idea! Please keep doing it!

Submit this completed card for a chance to win a Diamondback Wildwood Grill ticket. 
We welcome feedback from all of our conference guests; however, the contest is open to current Virginia Tech students only.
Name:  [Name]
Phone Number:  [Phone Number]
E-mail address:  [E-mail]

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Whole Grain Boot Camp Feedback

Please use a separate card to rate each whole grain item sampled.
Which whole grain option did you choose?
- Chickpea Cereal
- Whole grain pasta
- Whole grain rice

Rate each category on a scale of 1-10, with 1 being poor and 10 being excellent:
- Taste
- Visual appeal
- Aroma
- Nutritional content
- Overall

Submit this completed card for a chance to win a Diamondback Wildwood Grill ticket. 
We welcome feedback from all of our conference guests; however, the contest is open to current Virginia Tech students only.
Name:  [Name]
Phone Number:  [Phone Number]
E-mail address:  [E-mail]

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Whole Grain Boot Camp Feedback

Please use a separate card to rate each whole grain item sampled.
Which whole grain option did you choose?
- Cherry Cobbler
- Whole grain pasta
- Whole grain rice

Rate each category on a scale of 1-10, with 1 being poor and 10 being excellent:
- Taste
- Visual appeal
- Aroma
- Nutritional content
- Overall

Submit this completed card for a chance to win a Diamondback Wildwood Grill ticket. 
We welcome feedback from all of our conference guests; however, the contest is open to current Virginia Tech students only.
Name:  [Name]
Phone Number:  [Phone Number]
E-mail address:  [E-mail]
Feedback Cards

Whole Grain Boot Camp Feedback

Please use a separate card to rate each whole grain item sampled.

Which whole grain did you choose? Brown rice

Rate each category on a scale of 1-10, with 1 being poor and 10 being excellent:

Taste 1 2 3 4 5 6 7 8 9 10
Visual appeal 1 2 3 4 5 6 7 8 9 10
Aroma 1 2 3 4 5 6 7 8 9 10
Nutritional content 1 2 3 4 5 6 7 8 9 10
Overall 1 2 3 4 5 6 7 8 9 10

Would you choose this option again? Yes / No

What whole grain items would you like to see on future menus?

I really, really like the pizza. Keep it on the menu.

Additional comments:

Submit this completed card for a chance to win a Diamondback Wildwood60 bike!
We welcome feedback from all of our conference guests, however, the contest is open to current Virginia Tech students only.

Name: Kristina Ross
Phone Number: 510-234-2449
Email address: kross@vt.edu
Whole Grain Offerings Today
Thursday, July 19, 2007

Nature Valley Low-Fat Fruit Granola Cereal
Lucky Charms Cereal
Honey Nut Toasted Oats Cereal
Raisin Bran Cereal
Corn Flakes Cereal
Crispy Rice Cereal
Oatmeal
Kamui Cereal
Homemade Sliced Whole Wheat Bread
Whole Grain Sliced Bread
Spanish Brown Rice
Steamed Brown Rice (Olives)
Whole Wheat White Pizza (Olives)
Whole Wheat Spaghetti Bolognese (Olives)
Whole Wheat Pita Bread
Quinoa Berry Salad (Olives)
Fried Brown Rice with Tofu (Olives)
Polenta
Whole Wheat Pepperoni Pizza
Preacher Cookies
Fruit Cobbler of the Day
Whole Wheat Crepes
Whole Wheat Cinnamon Raisin Bread
Sunflower Bread
8 Whole Grain Rolls
Sunshine Granola
Menu Item Cards

**Homemade Whole Wheat Bread**

Whole grains included: Wheat

Eating at least three servings a day of whole grains may help with weight management.

Nutrition information: Serving size 1 slice

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<table>
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<tr>
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<tr>
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**White Pizza with Whole Wheat Crust**

Whole grains included: Wheat

Whole grains are an important source of selenium, which protects cells from oxidation and is also important for a healthy immune system.

Nutrition information: Serving size 1 slice

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<table>
<thead>
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<tbody>
<tr>
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<tr>
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<tr>
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<tr>
<td>Carbs</td>
<td>28 grams</td>
</tr>
<tr>
<td>Fiber</td>
<td>3 grams</td>
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Table Cards

WHOLE GRAIN BOOT CAMP

Take a look at the types of carbs you normally eat. How many are whole grains? If you’re not eating very many, you may want to think about making some changes to include more whole grains. Not only do whole grains contain good sources of dietary fiber, but they also provide significant phytochemicals and antioxidants that help the body fight disease. In addition, research supports that whole grains reduce the risk of heart disease and certain cancers.

The foundation of a nutritious diet begins with grain products—cereal, rice, bread, and pasta. These foods are typically low in fat, saturated fat, and cholesterol. Whole grains are a good source of energy for vital functions, including your ability to recall information on tests. In addition, whole grains provide essential vitamins and minerals.

Now you have the whole story on whole grains.

HOW DO YOU GET WHOLE GRAIN GOODNESS?

MyPyramid (www.mypyramid.gov) recommends that adults eat at least 3 ounces of whole grain foods every day. To be sure you are getting whole grain goodness, look for the word “whole” in front of the grain name in the list of ingredients.

TIPS TO HELP YOU GET MORE WHOLE GRAINS EACH DAY:

• Look for foods that list a whole grain as the first ingredient. Some whole grain ingredients to look for include: whole wheat, whole barley, whole oats, cracked wheat, graham flour, and whole cornmeal.
• Make a habit of requesting whole wheat bread or rolls and brown rice as meal accompaniments when you eat out.
• Have a whole grain cereal, such as oatmeal, for breakfast.
• Stock your pantry with whole grain staples: brown rice, low-fat whole-wheat crackers, cereal, breads, and rolls.

Look for the whole grain logo in O2 throughout the month and on restaurant menus to identify whole-grain selections.

Look for these stamps printed on packages to find whole grain products in stores.

yes@vt.edu
www.studentprograms.vt.edu/yes