



Easy Ways to Enjoy Whole Grains

Whole grains – from amaranth to wild rice - can take center stage or play a supporting role on your plate. You can easily add whole grains to your meals, often using favorite recipes you've always enjoyed. Try some of the following ways to add whole grains to your diet everyday:

MAKE EASY SUBSTITUTIONS



- ◆ Switch half the white flour to whole wheat flour in your regular recipes for cookies, muffins, quick breads and pancakes. Or be bold and add up to 20% of another whole grain flour such as sorghum.
- ◆ Replace one-third of the flour in a recipe with quick oats or old-fashioned oats.
- ◆ Add half a cup of cooked bulgur, wild rice, or barley to bread stuffing.
- ◆ Add half a cup of cooked wheat or rye berries, wild rice, brown rice, sorghum or barley to your favorite canned or home-made soup.
- ◆ Use whole corn meal for corn cakes, corn breads and corn muffins.
- ◆ Add three-quarters of a cup of uncooked oats for each pound of ground beef or turkey when you make meatballs, burgers or meatloaf.
- ◆ Stir a handful of rolled oats in your yogurt, for quick crunch with no cooking necessary.

TRY NEW FOODS

- ◆ Make risottos, pilafs and other rice-like dishes with whole grains such as barley, brown rice, bulgur, millet, quinoa or sorghum.
- ◆ Enjoy whole grain salads like tabbouleh.
- ◆ Buy whole grain pasta, or a blend that's part whole-grain, part white.
- ◆ Try whole grain breads. Kids especially like whole grain pita bread.
- ◆ Look for cereals made with grains like Kamut®, kasha (buckwheat) or spelt.

Be sure to visit the [Oldways Whole Grains Council](http://www.oldwayspt.org) website for more information and recipes

