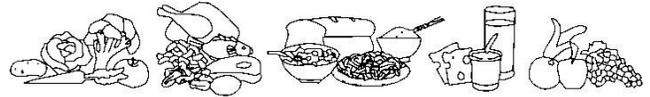


Food \$ense



Wisconsin Nutrition Education Program

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Make Half Your Grains Whole!

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples. Grains are divided into two groups, **whole grains** and **refined grains**. It is recommended that half of the grain we eat be whole grains. Whole grains contain the entire grain kernel—the bran (outer most dark layer), endosperm (middle layer), and the germ (inner white layer). When the bran and the germ are removed during the refining process, a lot of the vitamins and most of the fiber are removed.

People who eat **whole grains** as part of a healthy diet have a reduced risk of some chronic diseases, such as heart disease, diabetes and cancer.

Telling the difference between a whole grain and a refined grain can often not be determined just by looking at it. Read “Go For The Grain!” on page 3 to learn a few simple facts.

Try these five ideas for eating more whole grains:



Eat whole-wheat pasta. Mix half regular and half whole-grain to start and gradually switch to all whole-grain macaroni and spaghetti.



Make simple changes like eating 100% whole-wheat bread instead of white bread.



If you bake at home, experiment by replacing whole-wheat or oat flour for half the flour in pancakes, muffins, cookies and other flour-based recipes.



Popcorn is a tasty whole-grain snack; make it with little or no salt or butter.



Eating oatmeal or whole-grain cold cereals is a great way to start your day right. See the easy recipe on page 4 for making your own instant oatmeal packets.

Source: *United States Department of Agriculture*

Cheesy Chicken Enchilada Bake

So simple and easy to make!

- 1 pound boneless, skinless chicken breast (about 2 cups)
- 1/2 cup water
- 1 Tablespoon chili powder
- 1 can (15-ounce) low-sodium black beans, rinsed and drained
- 1 cup frozen corn
- 1 cup salsa
- 8 whole-wheat tortillas
- 1/2 cup low-fat shredded cheddar cheese

1. Cut chicken breast into 4 or 5 large chunks. Simmer in a large saucepan with water and chili powder. Cook until internal temperature is 165° F, about 10 minutes. Remove chicken from pan. Cut or shred into small chunks and return to pan.
2. Add beans, corn, and salsa to saucepan and heat through.
3. Spread 1/2 cup of chicken mixture down the center of each tortilla. Roll up and place seam-side down in greased 9”x13” pan. Spread any leftover chicken mixture over enchiladas.
4. Bake at 375° F for 12 to 15 minutes. Sprinkle cheese on top of the enchiladas during the last 5 minutes of cooking.
5. Makes 8 servings.



Source: *Iowa State U. Spend Smart. Eat Smart.*

Storing Grain Foods

Cupboard? Refrigerator? Freezer? Maintain the best quality of your grain foods by using these storage tips:

Breads and Buns (best quality: 5-7 days)

- Bread will stay fresh longer if stored at room temperature. Bread tends to dry out when kept in the refrigerator.
- Freezing bread will stop mold growth and the quality is good for up to 3 months.

White Flour (best quality: 6-12 months)

- Store in cool, dry place. Use a freezer bag or an airtight container.

Whole-Wheat Flour (best quality: 6-8 months)

- The ground wheat germ contains oil that can become rancid at room temperature. Store in refrigerator or freezer to maintain best quality.

Pasta (best quality: up to 3 years)

- Store in dry place in an airtight container.

Popcorn (best quality: up to 2 years)

- Keep in airtight container, in a cool place.
- Don't store in refrigerator because the kernels will dry out and then not pop.

Rice (best quality: up to 2 years)

- White and brown rice can be kept in cupboard for 1 year, or 2 years in the freezer.

Source: *Wisconsin Food Safety & Health*

Low-Cost Whole Grains Can Save You Dough!

Many people feel that eating whole grains can be expensive. Here are some ideas about how to buy whole grains at a reasonable cost.

- Buy day-old or on sale whole-grain breads and rolls. (Use them quickly or freeze them.)
- Purchase unsweetened whole-grain cereals.
- Select store brand whole-grain products.
- Choose plain whole-grain pasta shapes like macaroni since they are usually less expensive than fancy shapes.
- Use regular brown rice since it cost less than minute brown rice.



Be on the look-out for the following low-cost whole grains:

- Cereal (oatmeal, puffed corn, puffed whole-grain cereal, shredded wheat and toasted oat cereal)
- Barley
- Bulgur
- Brown rice
- Quinoa

Source: *Adapted from Stretching Your Food Dollars*

Vegetable Fried Rice

A healthy twist to a popular dish.

- 3 eggs, lightly beaten
- 1 Tablespoon vegetable or canola oil
- 1/2 cup chopped onion (about 1/2 onion)
- 2 cloves garlic, minced *or* 1/2 teaspoon garlic powder
- 3 cups cooked brown rice (instant or regular)
- 2 cups frozen vegetables, thawed
- 1 Tablespoon low-sodium soy sauce
- Pepper, optional

1. Spray a deep 12" skillet with cooking oil spray and place over medium heat.
2. Pour the lightly beaten eggs into the skillet; cook without stirring until eggs are completely cooked, 2 to 3 minutes. Remove the eggs to a plate and cut into strips; set aside.
3. Return the skillet to the burner and add the oil. Heat to medium high and add the onion and garlic. Cook, stirring occasionally, until onion is softened.
4. Stir in the rice, vegetables, and soy sauce. Heat through.
5. Add the egg strips and heat through. Sprinkle with pepper, if desired.
6. Makes 4 servings.



Source: *Iowa State U. Spend Smart. Eat Smart.*

Go for the Grain!

Whole grains are not hard to locate, once you know a few simple facts. Look for clues to find out whether the food contains whole grains.

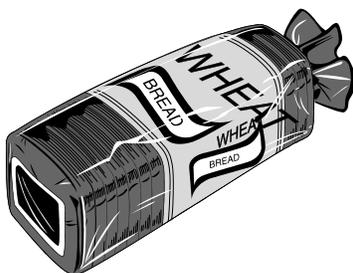
Look for key words

Look for the word **whole** on the package—for example, whole wheat. There are several other grains that are whole grains—oatmeal, brown rice, corn, popcorn, barley, wild rice and bulgur. Foods labeled as multi-grain, stone-ground, 100% wheat, seven-grain, or bran are usually *not* whole-grain products; but the only way to be certain is to check the ingredient list.

Check the label

If the first ingredient listed is a whole grain, then the product is considered a whole-grain food. Also, use the Nutrition Facts panel to check the fiber content. The percent daily value (% DV) of fiber is a good indication of the amount of whole grain the baked product contains.

Good sources of fiber contain 10% to 19% of the DV and excellent sources contain 20% or more.



Don't rely on the color

Color does not help shoppers know whether or not a food is a whole grain. Sometimes coloring can be added to a refined-grain product to give you the idea that it's whole grain. Bread can be brown because the bakery added molasses or brown sugar. At other times, a white variety of whole grain can be used, making the whole-grain product a lighter color.

Although most refined-grain products have been enriched by adding some vitamins and minerals, they are not as healthy as whole grains. The Dietary Guidelines for Americans recommends that whole grains make up at least half of the grains we eat.

Source: *eXtension*



Dear Sue Keeney...

Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!

Dear Sue,

How can bread be labeled as both white and whole wheat? Is white whole-wheat bread really nutritious?

Daisy Dazed

Dear Daisy,

It may seem like it doesn't add up, but the real answer is in the labeling. *White whole-wheat bread* is made with whole grains, just as in regular whole-wheat bread. White whole-wheat bread is also nutritionally similar to regular whole-wheat bread.

The difference between white whole-wheat bread and regular whole-wheat bread is in the type of wheat used. White whole-wheat bread is made with white wheat, which lacks bran's color and has a milder flavor. Regular whole-wheat bread is made with red wheat, which is darker in color, has a slightly bitter taste and a coarser texture.

When selecting any kind of bread, read the label carefully. Choose breads that list a "whole" grain as the first ingredient, such as whole wheat, white whole wheat or whole oats. If the label doesn't say "whole" first, it isn't a whole-grain product. For example, a product label may simply list white wheat or enriched wheat flour which is *not* the same as white whole-wheat flour.

Always remember to make half your grains **whole** grains.

Sue

Source: *Mayo Clinic*

Would You Like to Save Hundreds of Dollars?

The National School Lunch and Breakfast Programs offer healthy and nutritious school meals to children. The programs are designed to give families on tight budgets assistance with paying for school meals.

For families qualifying for reduced price meals, the cost is only 30¢ for breakfast and 40¢ for lunch, adding up to **hundreds** of dollars in savings over the 9-month school year. Information is sent to parents before the start of every school year, but parents can apply anytime.



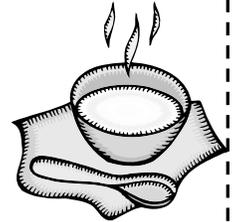
GOAL: What is one thing you can do to get more whole grains in your diet?

Kids in the Kitchen...

Instant Oatmeal Packets

Save \$ by making your own instant packets!

Plastic snack *or* sandwich bag
Dash of salt, optional
1/2 cup quick oats
Other optional ingredients (see ideas below)



To Mix: Put dry oatmeal into bag. Add dash of salt and other optional ingredients, as desired. Close bag and store for future use.

To Use: Empty packet into a microwave-safe bowl. Stir in 1 cup water *or* milk. Microwave on HIGH 2½ to 3 minutes; stir before serving.

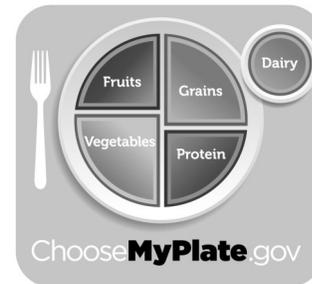
Cinnamon Raisin Oatmeal: To each packet, add 1 Tablespoon brown sugar, 1/4 teaspoon cinnamon, and 1 or 2 Tablespoons raisins

Cocoa Oatmeal: To each packet, add 1 teaspoon baking cocoa and 1 teaspoon sugar *or* 2 teaspoons quick-type chocolate drink powder.

Source: Iowa State Extension

MyPlate Tip

Try a new whole grain food.



WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), FoodShare Wisconsin, UW-Extension and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 1-888-794-5780 (toll free) or go to <http://access.wisconsin.gov>. To learn more about the Wisconsin Nutrition Education Program in Grant County, contact:



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