

## ANATOMY OF A GRAIN

Whole grains contain all 3 parts of a grain:

### BRAN

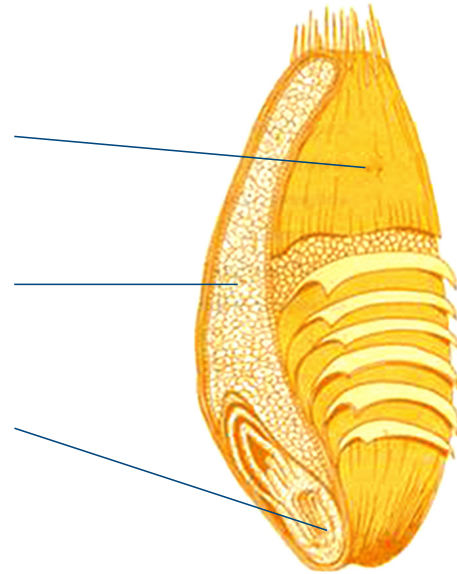
The outer layers of the grain that protects the kernel. It provides the majority of the grain's fiber as well as B-vitamins and minerals.

### ENDOSPERM

Also called the "kernel." It's the bulk of the seed and contains most of the grain's carbohydrates, but few vitamins and minerals. White flour is mostly made from the endosperm.

### GERM

The part from which a new plant sprouts. It contains protein, B vitamins, iron, and fat. Since fat can become rancid, the germ is often removed in processing whole grains into refined flour.



## GUIDELINES

- $\geq 3$  grams FIBER
- $\leq 3$  grams SUGAR
- For whole grains, check that the first ingredient is "whole" wheat flour.
- ~100 Calories per serving

## EXAMPLES

- Milton's Whole Grain Bread
- Oroweat Light 100% Whole Wheat Bread
- Oroweat Sandwich Thins
- Silver Hills Breads
- Healthy Way Sprouted Grain Flax Loaf
- Healthy Way Sprouted Grain Bread
- estemacher Pumpnickel Bread
- Ezekial Bread
- Franz 100% Whole Wheat Bread
- La Tortilla Factory Whole Wheat Tortillas
- Flatout Bread
- Don Pancho Tortilla
- Tia Rosa Wheat Tortillas
- Mission Low Carb Whole Wheat Tortillas
- Jasmine Bakery Wheat Pita Pockets
- Basson Bakery Whole Wheat Pocket Pita
- Franz Whole Wheat Mini Soft Bagels
- Thomas Light Multi-Grain English Muffins

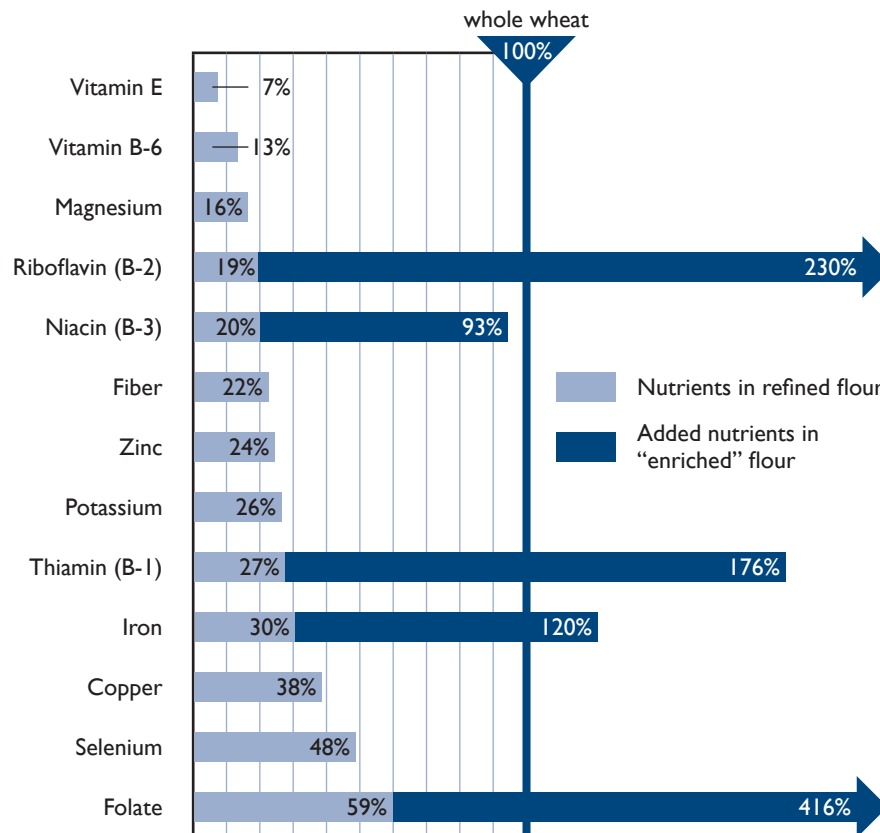
# WHOLE WHEAT VS WHITE

## WHAT DO YOU LOSE WHEN WHOLE GRAINS ARE REFINED?

This graph shows how 13 key nutrients are affected in converting whole wheat into white flour. Some vitamins and minerals are greatly reduced (i.e. only 7% of vitamin E is left in white flour, 13% of vitamin B-6, and only 16% of magnesium).

Enriched flour means that some nutrients are added back to make up for the lost nutrients to prevent nutritional deficiencies. The five nutrients added back are Iron, folic acid, and vitamins B-1, B-2 and B-3.

Several studies have shown that people who consume at least three servings of whole grains a day reduce their risk of heart attack as compared to those who don't consume as many whole grains. Whole grains not only have more vitamins and minerals than refined grains, but they also contain other healthy protective compounds such as antioxidants, which offer protection against free radicals.



Graphic adapted from Oldways Preservation Trust and the Whole Grains Council ([wholegraincouncil.org](http://wholegraincouncil.org)).

# STARCHY VEGETABLES

1 SERVING = 100 CALORIES AND COUNTS AS A CARBOHYDRATE CHOICE  
(15-20 grams of carbohydrate)

## HEALTH BENEFITS

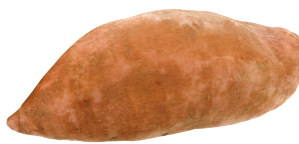
- Great source of complex carbohydrate and dietary fiber
- Rich in vitamin C, potassium, manganese, and vitamin A (especially the bright orange varieties)
- Low in fat

## PORTION SIZES (APPROXIMATELY 100 CALORIES PER SERVING)

If a food label is provided, please refer to the nutrition label for more accurate nutrition facts.



Corn ( $\frac{2}{3}$  cup)



Potatoes, yams, sweet potato  
(1 small 4-oz potato cooked,  $\frac{1}{2}$  cup mashed)



Peas ( $\frac{3}{4}$  cup)



Winter squash (~1 cup cubed)  
Examples: acorn, butternut, pumpkin, buttercup

## SERVING SUGGESTIONS

Starchy vegetables are often fried or prepared with butter, sugar, maple syrup, sour cream, cheese, and other high-calorie toppings. However, there are healthy and tasty alternatives to preparing starchy vegetables.

- Use low-sodium chicken broth instead of butter for mashed potatoes
- Top pureed winter squash with cinnamon, nutmeg, and a splash of orange juice
- Bake potato or sweet potato spears on baking sheet coated with oil spray at 400° F for 30-35 minutes. Sprinkle with herbs and spices such as pumpkin pie spice, chili seasoning, or garlic powder before baking for even more flavor.
- Top baked potato with fat-free plain or Greek yogurt, salsa, or low-fat cheese instead of sour cream or butter
- Add cubes of winter squash to your favorite vegetable soup recipe
- Sprinkle corn on a mixed green salad

# COOKED WHOLE GRAINS

## GUIDELINES

- $\geq 2$  grams FIBER per 100 calorie serving
- Ingredients should contain the word "Whole" before the grain product
- One serving = 100 calories, 1-2 g fat, 15-20 g carbohydrate

If a food label is provided, please refer to the nutrition label for more accurate nutrition facts

## SERVING SIZE

½ cup cooked = 100 calories

## EXAMPLES

- Brown Rice (long, short, or Basmati)
- Whole Wheat Couscous
- Quinoa
- Steel Cut Oats
- Wild Rice
- Barley
- Buckwheat
- Bulgur
- Millet
- Amaranth
- Whole Wheat Pizza Dough
- Whole Wheat Pasta
- Brown Rice Pasta

## MEAL IDEAS

- Whole wheat couscous with shrimp and side salad
- Whole wheat pasta with chicken sausage or turkey meatballs and tomato sauce
- Brown rice with stir fried veggies and chopped chicken
- Whole wheat pizza with turkey pepperoni and vegetables, and a side salad

Listed below you will find our week by week grocery lists to help guide you in making your meal plans for the week. While going through each weekly list, be sure to check to see what you already have on hand, as well as prepare your menu of meals and snacks throughout the week. Happy Shopping!

1 Box High Protein Powder Shakes

1 Box of Protein Bars and/or Two 4 packs of RTDs

2 cups Fresh Fruit

Choice of fat serving:

Olive oil or canola oil

Cooking spray

Natural peanut butter

Low fat mayo or salad dressing

Raw nuts

6+ servings of non-starchy vegetables per day.

Low fat cheese (<6 g of fat per ounce)

Non fat or low fat cottage cheese

Plain non-fat Greek Yogurt

Low fat (1%) or fat free milk

Fat free all natural yogurt (no artificial sweeteners)

Fat free flavored Greek Yogurt

½ cup beans, peas, lentils, or other legume

Whole grain products :

1 slice whole wheat bread

½ cup rice, pasta, couscous, quinoa

½ cup starchy veggies (corn, peas, and potatoes)

100 calories (15-20 g of carb) whole grain snacks or cereals

Choices of lean or very lean protein:

Chicken or Turkey Breast

Fish

Lean Beef or Pork

Tuna canned in water

Frozen Shrimp or Scallops

Soy Products (Tofu, Morningstar or Boca patties and burgers)

Pre-Cooked Meat (Low-Sodium Deli Meats, Roasted Chicken with skin removed)