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Healthy Families for the Future

Eating Your Grains

By Kathleen M. Stadler and Joan C. Elledge*

Today, your child learned about selecting, preparing, and eating a variety of whole-grain foods. He or she attended a Smart Choice Nutrition Education program. A Program Assistant taught this educational program for youth, which is sponsored by Virginia Cooperative Extension.

The "Healthy Families for the Future" newsletter series is designed to encourage your family to focus on daily habits that promote health.

Eat a Variety of Fruits, Vegetables, and Whole-Grain Foods

Eat 2 Servings of Calcium Rich Foods

Be Physically Active

Handle Food Safely

Your challenge is to help your family choose a variety of grain foods, especially whole grains. Also, you should help them to eat 6 to 11 servings from the Bread, Cereal, Rice, and Pasta Group every day.

The Bread, Cereal, Rice, and Pasta Group or grains group is the base of your diet and the foundation of the Food Guide Pyramid. Eat a variety of grain foods and choose whole-grains as much as possible. Whole-grain foods are rich in fiber, vitamins, and minerals. A diet with low fat, whole-grain foods may protect your family against chronic diseases, such as cancer, heart disease, and high blood pressure. Let's learn how to make good grain choices for all meals – breakfast, lunch, dinner, and snacks.

Food Guide Pyramid

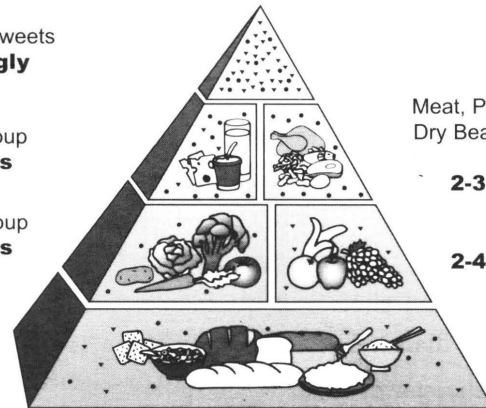
Fats, Oils & Sweets
Use Sparingly

Milk, Yogurt
& Cheese Group
2-3 Servings

Vegetable Group
3-5 Servings

Meat, Poultry, Fish,
Dry Beans, Eggs &
Nuts Group
2-3 Servings

Fruit Group
2-4 Servings



Bread, Cereal, Rice & Pasta Group
6-11 Servings

Food Guide Pyramid for Young Children

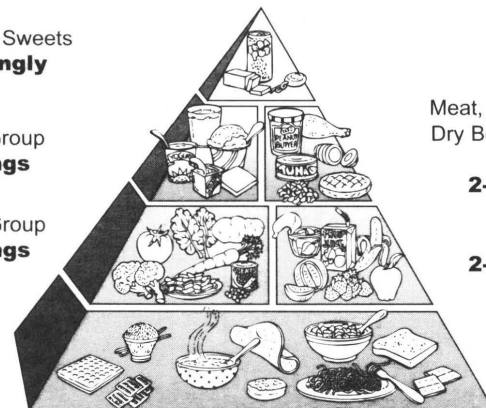
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Name Your Grain Number

The number of grain servings is different depending on your age, gender, size, and activity level. Circle the servings that are needed in your family.

Preschoolers, Women
& Some Older Adults

Children, Teen Girls,
Active Women, & Most Men

Teen Boys &
Active Men

of Servings for Grains Group:

6

9

11

What counts as 1 serving of grain foods? Serving sizes vary for different types of grain foods. Place a check mark (✓) in the blanks below of foods that you ate yesterday. Did you eat at least 6 servings? Remember to be a good role model for your child. Don't eat a lot of high fat or high sugar grain foods such as donuts, pies, sugar-coated cereals, cookies, and cakes.

Eaten One serving equals:

Breads

- _____ 1/2 bagel
- _____ 1 biscuit
- _____ 1 slice of bread (white, whole, rye)
- _____ 1/2 pita
- _____ 1/2 English muffin
- _____ 1 medium muffin
- _____ 1/2 hamburger bun

Meals

- _____ 1/2 cup pasta
- _____ 1-4" diameter pancake
- _____ 1 slice pizza small
- _____ 1 tortilla
- _____ 1 small waffle, 3 1/2 inches square

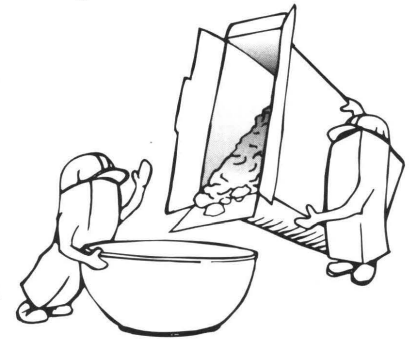
Eaten One Serving Equals:

Cereals

- _____ 1 ounce ready-to-eat breakfast cereal examples include:
 - 1 cup corn flakes
 - 1/2 cup wheat squares
 - 1/2 cup granola
 - 3/4 cup raisin bran
- _____ 1/2 cup cooked barley
- _____ 1/2 cup cooked oatmeal
- _____ 1/3 cup cooked rice

Snacks or Desserts

- _____ 3-4 small plain crackers
- _____ 2 medium cookies
- _____ 1/2 ounce of pretzels (about 8 small pretzels)
- _____ 2 cups plain popcorn
- _____ 1/2 medium doughnut



Cooking with Whole-Grains

Cooking whole-grains takes a little more time. To save time and add fiber to your family meals, cook a larger amount for another meal. You can cook more grains at one time and then store them in the refrigerator for 3-5 days or freeze. Try a new whole-grain once a month. Buy in bulk or large amounts to stretch your family's food budget.

White or Brown Rice

One cup of regular white or brown rice needs 2 cups of water for cooking.

Put the rice and water into a saucepan. Heat until it starts to boil.

Reduce heat to simmer. Stir.

Cover pan. Simmer white rice (do not stir) for 15-20 minutes until rice is tender. All water will be absorbed by the rice. Simmer brown rice 45 to 50 minutes until tender.

Makes 3 cups of cooked rice.

Rice and Red Beans

Makes 8 servings, 1/2 cup beans and 1/2 cup rice per serving

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1/4 teaspoon garlic powder
- 2 medium tomatoes, finely diced
- 1 medium green pepper, chopped (about 1 cup)
- 2 medium stalks celery, sliced (about 1 cup)
- 1/2 teaspoon oregano
- 1 (15-ounce) can red beans, drained
- 4 cups cooked brown or white rice

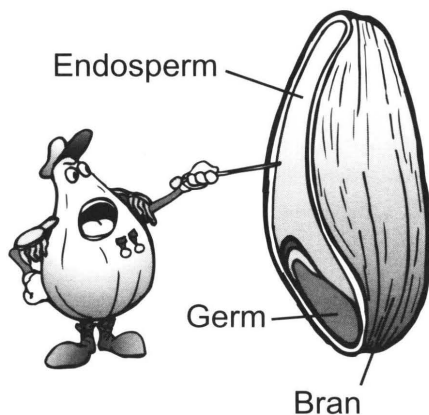
Place oil in large skillet and heat. Add the onion. Sauté until soft. Add the garlic, tomatoes, green pepper, celery, and oregano. Cover the skillet; simmer the mixture (bubbling lightly) for about 5 minutes or until the vegetables are crisp-tender. Add the beans and simmer, stirring occasionally, until heated through. Add salt and pepper, if desired, to taste. Spoon the vegetable-bean mixture over the rice. Refrigerate leftovers.

One Serving has 300 Calories, 9 g Dietary Fiber, 12 g Protein, 41 g Carbohydrates, 3 g Fat, 53 RE Vitamin A, 34 mg Vitamin C, 3 mg Iron, 41 mg Calcium, 29 mg Sodium

Where is the Fiber?

Wheat, oats, rice, corn, and rye are the most commonly eaten grains in the United States. A kernel of grain has three parts: bran, endosperm, and germ. All the fiber and vitamins in the kernel are found in the bran and the germ. Choose brown colored breads, muffins, rice, pasta, and cereals. Read the ingredient list for a whole grain ingredient. Look for the words "whole wheat" or "whole rice."

Make sure it is listed as the first or second ingredient for higher fiber content. White flour products use only the endosperm and are low in fiber and nutrients.



Which grains are made into popular foods?

Draw a line to match the grain to a favorite dish.

Wheat



Oats

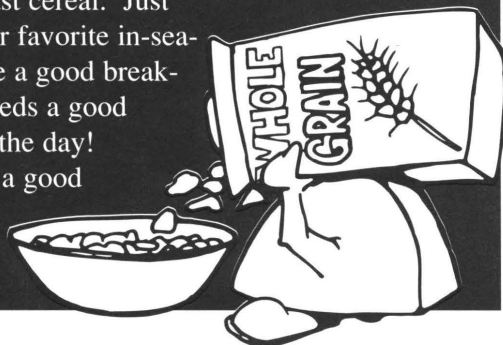


Rice

Corn

Buying Breakfast Cereal

Not all breakfast cereals are the same. Check the nutrition labels for sugar, salt, and fiber. Choose cereals that have at least 2 grams of fiber per serving and are low in sugar and salt. It is easy to make a healthy breakfast for your family when you first buy a nutritious breakfast cereal. Just add milk and your favorite in-season fruits to make a good breakfast. Everyone needs a good breakfast to start the day! Remember to set a good example for your kids!



Guess the Fiber Grams

There are many kinds of whole-grain foods to choose for different meals. Adults need 20-35 grams of dietary fiber each day. The amount of fiber for children depends upon their age. Grains with a brown color and that you chew more have more fiber. Circle your family's favorite grain foods. Did you circle more fantastic, great, and good fiber foods than OK and no fiber foods? That is your challenge.

Fantastic Fiber: 5 or more grams

- Cereals: Bran Flakes with Raisins, 1 cup
- 100% Bran Cereal, 1/3 cup
- Bran Flakes, 3/4 cup
- Shredded Wheat, 1 cup
- Macaroni or Pasta, whole wheat, 1 cup cooked

Great Fiber: 4 grams

- Barley, pearled, 1/2 cup cooked
- Muffins: All Bran or Oat Bran, 1 medium
- Oatmeal, 1 cup cooked
- Wheat Crackers (Triscuit), 7 crackers

Good Fiber: 2-3 grams

- Cereals; Cheerios, 1 cup
- Total-Whole Grain, 3/4 cup
- Wheaties, 1 cup
- Muffin: whole wheat, 1 medium
- Bagel, 1 plain
- Bread: Corn, Pumpernickel, Rye, or Whole-Wheat, 1 slice
- Fig Cookies, 2
- Macaroni or pasta, regular, 1 cup cooked
- Popcorn, 2 cups plain
- Rice, brown, 1/2 cup cooked



OK Fiber: 1 gram or less

- Biscuit, 1 medium
- Bread: white, 1 slice,
- Hamburger Bun, 1 medium
- Cereal: Rice Krispies, 1-1/4 cups
- Corn flakes, 1 cup
- Chocolate Chip Cookies, 2
- Graham Crackers, 4 squares
- Rice, white, 1/2 cup cooked
- Saltines, 4 crackers



No Fiber

- Meats, fish, dairy foods,
- & soft drinks





The information given here is for educational purposes only. Reference to commercial company products or trade names is made with the understanding that no Discrimination is intended and no endorsement by Virginia Cooperative Extension is implied.

Table Talk Challenge

Game Rules:

1. 2-3 players.
2. The youngest person takes the first turn.
3. Select a dried bean, uncooked macaroni, or a nut as a game piece for each player.
4. Use the list of questions letting the child answer, then the adult.
5. Follow instructions written on the game board.
6. The first player to reach or get the closest to the "Healthy Family" square is the winner.

 <p>START</p>					
<p>FINISH</p>	<p>Game moves:</p> <p>Did you eat a lowfat grain food for a snack today? If yes, move 2 spaces.</p> <p>Did you eat a grain food with less salt today? If yes, move 1 space.</p> <p>Did you read a food label today? If yes, move 3 spaces.</p> <p>Did you eat more whole grain foods than white flour foods today? If yes, move 2 spaces. If no, move backward 2 spaces.</p> <p>Did you take a walk or perform another physical activity for 15-20 minutes today? If yes, move 3 spaces. Good Job!</p> <p>Did you eat a grain food for breakfast today? If yes, move 3 spaces. If no, move backward 3 spaces.</p> <p>Did you eat and/or prepare a grain food with less fat today? If yes, move 2 spaces.</p> <p>Did you choose to eat a lowfat grain food instead of a high fat or high sugar grain food? If yes, move 2 spaces. If no, move back 2 spaces.</p> <p>Did you read a breakfast cereal label today? If yes, move 3 spaces. Bonus: Move 2 extra spaces if the cereal had at least 2 grams of fiber per serving.</p> <p>Did you eat at least 6 servings of different foods from the Bread, Cereal, Pasta & Rice group today? Move 2 spaces, if you did. Bonus: Move 1 extra space for each whole grain food you ate today. GREAT!</p> <p>Did you eat a grain food for lunch today? If yes, move 1 space.</p> <p>Did you drink water today? If you drank at least 4 glasses of water, move 1 space. If you drank more than 4 glasses of water, move 2 spaces.</p> <p>Did you eat at least 1 brown-colored, whole grain food for dinner tonight? If yes, move 2 spaces! If no, move back 3 spaces!</p> <p>Did you help prepare a meal today? If yes, move 2 spaces.</p> <p>Did you eat the minimum number of servings from all 5-food groups? If yes, move 5 spaces. If no, move backward 3 spaces.</p> <p>Did you help clean up after a meal or snack today? If yes, move 2 spaces.</p>				
