



# MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

## Go For "Whole" Grains

We're hearing a lot about including more whole grains in our diet for good health. But where can we find whole grains and how can we use them in our meals and snacks? Here are a few ideas:

### What are whole grains?

Whole grains are made from the entire grain seed (usually called the kernel) which consists of the bran, germ and endosperm. If the kernel has been cracked, crushed or flaked, it must retain nearly the same relative proportions of bran, germ and endosperm as the original grain to be called whole grain.

Examples of whole grains:

- whole wheat flour
- rolled oats
- whole grain corn
- popcorn
- brown rice

Refined grains are made from just the endosperm. They have the germ and bran removed. Some examples of refined grains are white flour, white rice and white bread.

### How much do I need?

MyPyramid recommends eating the equivalent of six ounces of grain products daily for people on a 2,000 calorie diet (to find out your personalized MyPyramid Plan, go to [www.mypyramid.gov](http://www.mypyramid.gov)).

In the grains food group, a "1 ounce-equivalent" is the amount of food counted as equal to a 1-ounce slice of bread. The following are all "1 ounce-equivalents":

- 1 slice of bread
- 1 small (6") flour or corn tortilla
- 1 "mini" bagel
- 1/2 English muffin
- 1 small (2-1/2" diameter) muffin
- 1 cup ready-to-eat cereal
- 1/2 cup cooked cereal, rice or pasta
- 13 cups popcorn

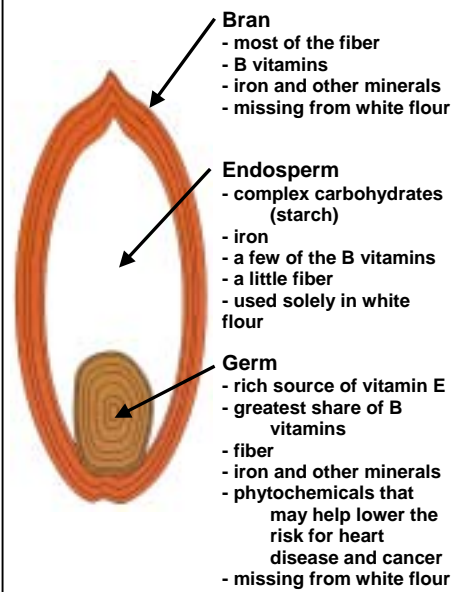
MyPyramid recommends making at least half of your daily grains "whole grains."



### How can I include more whole grains?

- Try a snack mix made from ready-to-eat, whole grain cereals
- Choose a whole-grain (whole-wheat or oatmeal) muffin.
- Use whole-grain bread or cracker crumbs or oatmeal in a meatloaf.
- Try brown rice stuffing (cooked brown rice, onion, celery, and seasonings) in baked green peppers or tomatoes.
- Choose cookies made with some whole-grain flour or oatmeal.
- Try a whole-grain snack chip, such as baked tortilla chips.
- For a change, try brown rice or whole-wheat pasta.
- Use whole grains in mixed dishes, such as pearl barley in vegetable soup and bulgur in casseroles or salads.

### Wheat Kernel



**Read the ingredient list on your food label.**

Choose foods with a whole grain ingredient listed first on the label's ingredient list (note: ingredients are listed in descending order of weight — from most to least).

Color is not an indication of a whole grain — bread can be brown because of molasses or other added ingredients.

Read the ingredient list to see if a grain is a whole grain.

Watch wording on grains! Foods are usually not whole grain products if labeled with these words: multi-grain, stone-ground, 100% wheat, cracked wheat, seven-grain, bran.

Note: Bran provides fiber, which is important for health. However, products with added bran or bran alone are not necessarily whole grain products.



Choose foods with a whole grain ingredient listed first on the label's ingredient list. In these examples the 100% whole wheat bread is the best choice.

**100% Whole Wheat Bread**

Nutrition Facts	
Serving size 1 slice (34g) Servings per container 20	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 15
% Daily Value	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 190mg	8%
<b>Total Carbohydrate</b> 17mg	6%
Dietary Fiber 3g	10%
Sugars 3g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%
Thiamin 8%	Riboflavin 2%
Niacin 6%	Folic Acid 2%

INGREDIENTS: STONEGROUND WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, SOY FIBER, WHEAT BRAN, SALT, WHEAT GLUTEN, DOUGH CONDITIONERS, (MONO & DIGLYCERIDES, ETHOXYLATED MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), CORN STARCH, SOY LECITHIN, HONEY. CONTAINS WHEAT, SOYBEANS, PRODUCED IN A FACILITY THAT USES MILK AND EGG PRODUCTS.

**Wheat Bread**

Nutrition Facts	
Serving size 1 slice (27g) Servings per container 20	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 5
% Daily Value	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 120mg	5%
<b>Total Carbohydrate</b> 15mg	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
Thiamin 6%	Riboflavin 4%
Niacin 2%	Folic Acid 6%

INGREDIENTS: WHEAT FLOUR [ENRICHED WITH BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, WHOLE WHEAT FLOUR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, MOLASSES, RAISIN JUICE, CORN STARCH, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), CALCIUM PEROXIDE, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), CARMEL COLOR. CONTAINS WHEAT, SOYBEANS. PRODUCED IN A FACILITY THAT USES MILK AND EGG PRODUCTS.

**Free Nutrition Education Programs**



**Topics include:**

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

**Contact:**

Cornell Cooperative Extension  
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Herkimer, NY 13350  
(315) 866-7920

Nutrition staff are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Need help paying your grocery bill? Food Stamps can help!

Call (315)894-9917 today

Nutrition Outreach & Education Program of Catholic Charities of Herkimer County

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