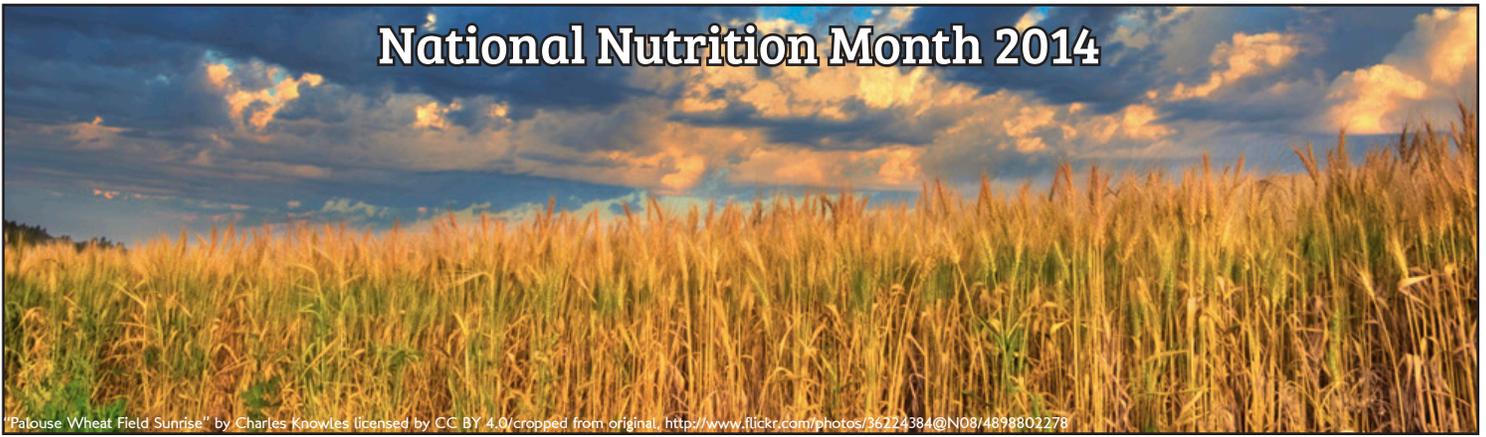


National Nutrition Month 2014



"Palouse Wheat Field Sunrise" by Charles Knowles licensed by CC BY 4.0/cropped from original, <http://www.flickr.com/photos/36224384@N08/4898802278>

Grains on the Brain: Alternative Options

What are Whole Grains?

Whole grains contain the entire kernel: the bran, germ, and endosperm. The bran and germ supply most of the fiber. Refined grains remove the bran and the germ, resulting in a product with significantly less fiber.

Nutritional Benefits:

- Important sources of dietary fiber, B-vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium)
- Dietary fiber may help reduce cholesterol and lower the risk of developing heart disease, obesity, and type two diabetes
- Fiber helps maintain proper bowel function, reducing incidence of constipation
- B-vitamins are important in metabolism and in helping maintain a healthy nervous system

How to find Whole Grain products:

- Read the label carefully! Brown color doesn't mean a product is whole wheat, and labels with words such as "multigrain" and "seven grain" don't necessarily mean whole grain, either
- To be considered "whole," products must be made with **100%** whole grain, meaning no part of the grain was refined or stripped of its nutrients
- Make sure "whole wheat flour" or "whole grain" is listed as the first ingredient. Examples of what the ingredient list can say include "whole wheat flour," "whole grain brown rice,"
- A good source of fiber has at least 3 grams of fiber per serving

Spotlight on Quinoa

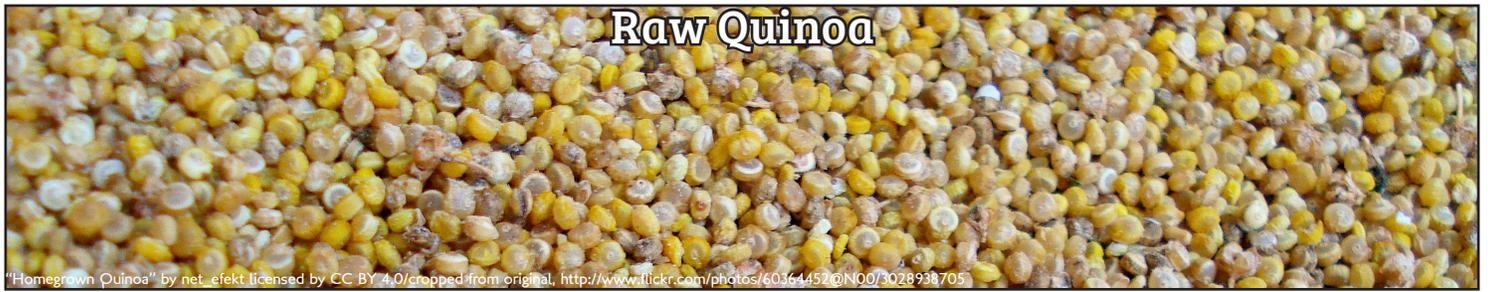
Quinoa (pronounced KEEN-wah) is a pseudo-cereal, meaning it's not technically a grain. However, it is cooked and eaten like grains because of its similar nutrition composition and cooking properties.

There are over 120 different varieties of quinoa, including white, yellow, ivory, red, or black.

Quinoa has a natural bitter coating called saponin, which fights off pests. This allows quinoa to easily grow without the use of chemical pesticides. As such, is important to rinse quinoa before cooking to make sure the residue is gone.

The Whole Grains Council: <http://wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z>

Raw Quinoa



"Homegrown Quinoa" by net_efeekt licensed by CC BY 4.0/cropped from original, <http://www.flickr.com/photos/60364452@N00/3028938705/>

Pesto Quinoa Salad

Yield: 1 serving

Makes: 1 salad

Ingredients:

Salad:

- ½ cup romaine lettuce
- ½ cup spring mix
- ½ cup spinach
- ¼ cup peas
- ¼ cup carrots
- ¼ cup red pepper
- ½ cup quinoa, cooked
- 1 teaspoon parmesan cheese
- 1 teaspoon pine nuts
- 2 Tablespoons pesto dressing

Pesto Dressing:

- ½ cup fresh basil
- ¼ cup parmesan cheese
- ¼ cup extra virgin olive oil
- 2 teaspoons pine nuts
- 1 ½ teaspoons lemon juice
- 1 ½ teaspoons garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- ½ cup lemon juice
- ½ cup orange juice
- 1 cup plain yogurt
- 2 teaspoons sugar

Preparation:

1. Place all ingredients for pesto dressing in a blender and mix until well-blended
2. In a mixing bowl, toss romaine, spinach, and spring mix together
3. In a separate bowl, combine peas, red pepper, carrots, cooked quinoa, and pine nuts and toss with dressing.
4. On a plate, arrange mixed greens and place a half-cup scoop of quinoa mixture on top.
5. Top with a sprinkle of shredded parmesan cheese

Nutrition Facts

Serving Size 1 Serving (270g)
Serving Per Container 1

Amount Per Serving		Calories from Fat 100	
		% Daily Values*	
Calories	320		
Total Fat	11g		15 %
Saturated Fat	2.5g		%
Trans Fat	0		%
Polyunsaturated Fat	3g		%
Monounsaturated Fat	4.5g		%
Cholesterol	5mg		%
Sodium	200mg		7 %
Total Carbohydrate	45g		13 %
Dietary Fiber	8g		%
Sugars			
Protein	13g		26 %
Vitamin A	220%	•	Vitamin C 140%
Calcium	15%	•	Iron 45%
Vitamin E	0%	•	Vitamin B6 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat	9	•	Carbohydrates 4
		•	Protein 4

Whole Grains: Try Them at Home!

Whole Grains:

Bulgur
Kamut

Wheat berry
Whole grain barley

Whole rye
Whole wheat

Gluten-Free Whole Grains:

Amaranth
Brown rice
Buckwheat

Millet
Oatmeal
Quinoa

Sorghum
Teff
Wild rice

How to prepare alternative Whole Grains:

- Wheat berry: 1 cup wheat berry to 4 cups water, soak overnight and boil for 45-60 minutes (makes 3.5 cups)
- Millet: 1 cup millet to 2.5 cups water, boil for 25-35 minutes (makes 4 cups)
- Quinoa: 1 cup quinoa to 2 cups water, boil for 15-20 minutes (makes 3 cups)