



The Whole Story on Whole Grains

Breads, cereals, and pasta are a big part of what many people eat each day. These “grain” foods are at the base of the food guide pyramid. However, some foods in the grain group are better for you than others.

What are Whole Grains?

When grains (wheat, corn, rice, barley, oats, etc.) are picked from the field, they are known as whole grains. Whole grains are made up of three parts: an outer bran layer that is a lot of fiber, a middle layer of germ that is full of vitamins and minerals, and a middle layer called endosperm that is starch.

When grains are milled or refined, the bran and germ layers are removed and only the endosperm remains. White flour, white bread, and many cereals and crackers are made from this refined flour.

Whole grain foods keep all three layers of the grain. Eating whole grain foods gives the body vitamins, minerals, and fiber that you won't get from eating foods made with refined grain.

Choosing Whole Grain Foods

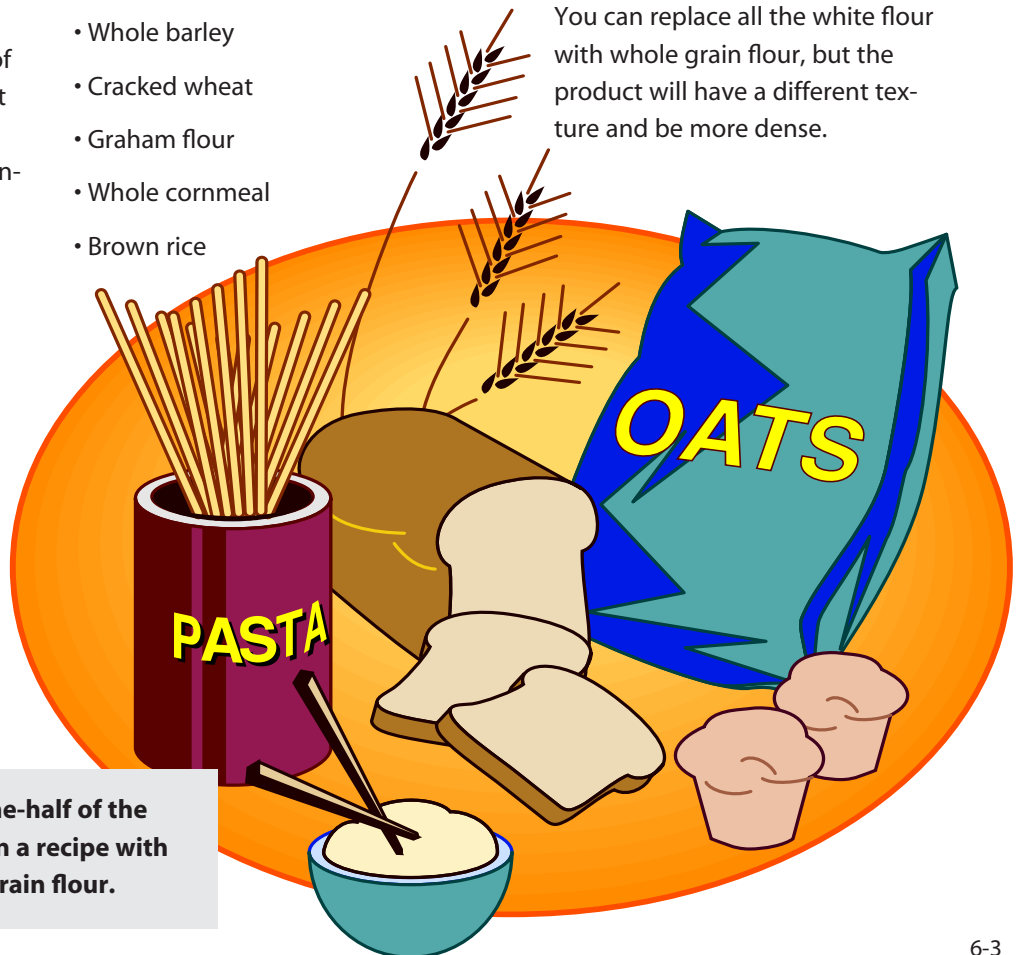
Read the food label to choose whole grain breads, cereals, and pasta. Try to choose foods that list a whole grain as the first ingredient or packages that list “whole grain” on the label. Here are some whole grains to look for:

- Whole wheat
- Whole oats
- Whole barley
- Cracked wheat
- Graham flour
- Whole cornmeal
- Brown rice

Baking with Whole Grains

- Choose recipes that contain whole grains.
- When baking cookies or quick breads, replace 1/4 to 1/2 of the white flour in a recipe with whole wheat flour.

(For example, if a recipe calls for 1 cup flour, put in 1/2 cup white flour and 1/2 cup whole wheat flour.) You can replace all the white flour with whole grain flour, but the product will have a different texture and be more dense.



Replace one-half of the white flour in a recipe with whole grain flour.

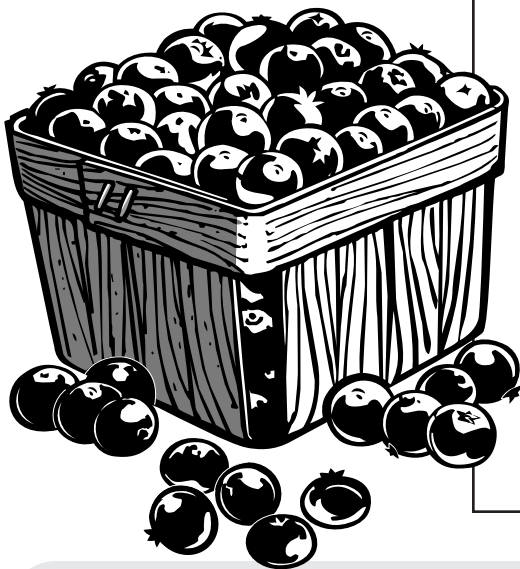
CARROT-RAISIN BARS

2/3 cup sugar
1/4 cup margarine, softened
1/4 cup applesauce
2 large eggs
2 teaspoons vanilla
1/2 cup water
3/4 cup white flour
3/4 cup whole wheat flour
2 teaspoons baking powder
1 1/2 teaspoons cinnamon
1/2 teaspoon salt
1 cup rolled oats
1/2 cup raisins
1 cup carrot, shredded

■ Preheat oven to 350°F. Spray a 9 x 13 inch cake pan with cooking spray. Beat sugar, margarine and applesauce until well blended. Add egg and vanilla. Beat well. Mix in water.

■ Mix both kinds of flour, baking powder, cinnamon and salt. Add to egg mixture. Mix until blended. Mix in oats, raisins and carrot. Spread dough in pan.

■ Bake until toothpick inserted into center comes out clean, about 25 minutes.



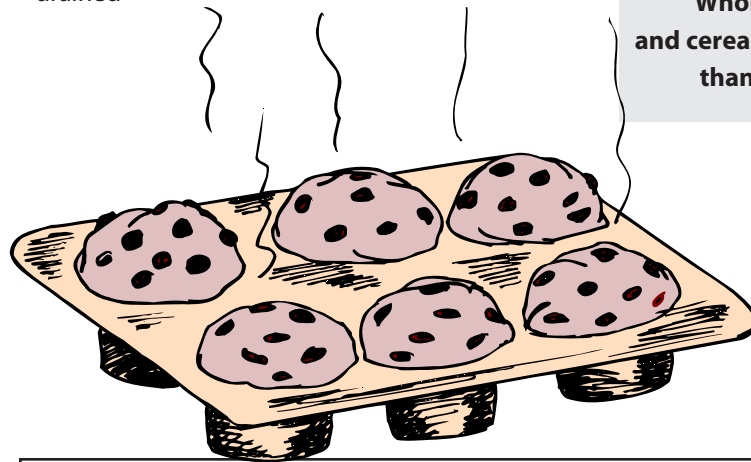
PINEAPPLE BRAN MUFFINS

1/2 cup whole wheat flour
3/4 cup white flour
2 tsp. baking soda
1 1/3 cups bran cereal
1/2 tsp. cinnamon
1/3 cup shortening
1/4 cup sugar
2 eggs
1 cup low-fat milk
1/3 cup honey
1 (8 ounce) can crushed pineapple, drained

■ Preheat oven to 350°F. Cream shortening and sugar. Beat in eggs, milk, and honey. Stir in dry ingredients, just until moistened. Fold in pineapple. Spray muffin cups with cooking spray or line with cupcake papers. Fill each cup 2/3 full. Bake for 20–25 minutes or until a toothpick comes out clean.

Makes 1-1/2 dozen.

Whole grain breads and cereals are better choices than white breads.



BLUEBERRY OAT MUFFINS

1/2 cup whole wheat flour
3/4 cup white flour
1 cup rolled oats
1/2 cup sugar
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1 egg
1/2 cup water
1/3 cup vegetable oil
1 cup fresh or frozen blueberries

■ Preheat oven to 400°F. Combine all dry ingredients in a bowl. In another bowl, mix the egg, water, and oil. Stir egg mixture into the dry ingredients just until moistened. Fold in the blueberries.

■ Spray muffin cups with cooking spray or line with cupcake papers. Fill each cup 3/4 full. Bake for 18–22 minutes or until a toothpick comes out clean.

Makes 1 dozen muffins.



Pennsylvania Pathways

Professional Development
for Child Caregivers

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Cooperative Extension
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Sources: www.eatright.org; www.uhs.uga.edu/nutrition; "Thrifty Meals for Small Families" by University of Maine Cooperative Extension.

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