The News on Whole Grains

Many have been hearing about the benefits of Whole Grains in the diet for quite some time. These include:

- Lower obesity
- Lower cholesterol levels
- Lower risk of heart disease
- Lower risk of stroke
- Lower risk of Type II Diabetes
- Lower risk of digestive system cancers
- Lower risk of hormone related cancers

What is a Whole Grain?
All grains, when they grow in the field, have three parts: the bran, the germ and the endosperm. Whole grains, or foods made from them, contain all the essential parts and naturally-occurring nutrients of the entire grain seed. Enriched “white” flour contains only the endosperm, while whole grain flour contains extra protein, fiber, vitamins and minerals that are found only in the bran and germ. All three parts are important!

Food Claims
Food claims are usually the first thing we notice when looking at a product. The Whole Grain Stamp was officially launched on January 20, 2005.

<table>
<thead>
<tr>
<th>If the label says:</th>
<th>It means:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good Source</td>
<td>Must contain 8 grams of whole grains and count as half a serving of whole grains.</td>
</tr>
<tr>
<td>Excellent Source</td>
<td>Contains 16 grams of whole grains (the USDA definition of one serving of whole wheat.)</td>
</tr>
<tr>
<td>100% Excellent Source</td>
<td>Counts as a full serving of whole grains</td>
</tr>
</tbody>
</table>
With the new pyramid and the 2005 Dietary Guidelines, there is a stronger recommendation to consume more whole grains. With this push, commercial products are adding more whole grains to foods. Caution: Just because food says it is made with whole grains, that does not mean it is made from whole grains entirely. Read labels to know what foods contain.

**Ingredient labeling**
The food labels of most packaged foods include a list of ingredients. Ingredients are listed in order by weight. The item present in the greatest amount is listed first. Examples of generally accepted whole-grain foods and flours are: amaranth, barley (lightly pearled), brown rice, buckwheat, bulgur, corn and whole cornmeal, emmer, faro, grano (lightly pearled wheat), Kamut® grain, millet, oatmeal and whole oats, popcorn, quinoa, sorghum, spelt, triticale, whole rye, whole or cracked wheat, wheat berries and wild rice.

**Recommendations**
The new 2005 Dietary Guidelines for Americans recommends that all adults eat half their grains as whole grains – which is about 3 to 5 servings of whole grains. Your daily values can be calculated at http://www.mypyramid.gov. The average American eats less than one daily serving of whole grains.

**Whole Grain Recipe**

**Apple Blueberry Crisp**

*Yield: 8 servings*

4 apples (Mcintosh and Cortland are good for cooking)
2 cups blueberries
1/3 cup whole wheat flour
1 cup regular rolled oats
1 tsp cinnamon
1/2 cup brown sugar
4 TBS canola oil

1) Preheat oven to 350 degrees. Spray an 8x8 or 9x9 inch dish with cooking spray or rub with butter.
2) Wash, core and chop apples. No need to peel them. Put in cooking dish with blueberries.
3) In another small bowl, mix flour, oats, sugar and oil until crumbly. Spread evenly over fruit.
4) Bake at 350 degrees for about 40 minutes or until bubbly.

Serve as is, or with low-fat frozen yogurt.

You can use any fruit you want. Just make sure it totals about 5 cups of fruit.

*Quick and Easy Whole Grain Recipes from The Whole Grains Council*
*Visit [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org) for more whole grain recipes from the Council, our star chefs, and our members.*

The use of tradenames in this publication does not reflect endorsement of the product by the University of Florida, Institute of Food and Agricultural Sciences or the Florida Cooperative Extension Services.

Prepared and distributed by Elizabeth C. Shephard, Family & Consumer Sciences Agent II, University of Florida/IFAS Brevard County Extension Service. Adapted from *Whole Grains Council Website, The United States Department of Agriculture 2005 Dietary Guidelines, and Communicating Food for Health Newsletter.* The Institute of Food and Agricultural Sciences is an equal employment opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex or national origin.