

# The Weekly Benefits “The Range of Grains”



## POLENTA

- **1 serving: 1/4 cup dry (3/4 cup cooked)**
- Approx. **150 calories, 3g protein, 32g carbs, 0 fat, 1g fiber**
- Ground dried yellow dent corn, whole grain, often gluten-free, low-calorie, low fat, complex carbohydrate
- **Nutrients:** Fiber + protein help you feel satisfied
- **Vitamins & Minerals:** small amounts of Vit A, iron, magnesium, zinc
- **Carotenoids** (yellow color): antioxidant and heart benefits
- **Shop:** Regular, Quick Cooking, Instant, Pre-cooked tubes for slicing
- **Prepare:** Stove top, rice cooker if allowed, pressure cooker, porridge, sautéed or grilled slices, can sub for mashed potatoes, rice, grits
- Breakfast, Lunch, or Dinner



## LONG-GRAIN BROWN RICE

- **1 serving: 1/4 cup dry (1/2 cup cooked)**
- Approx. **108 calories, 3g protein, 22g carbs, 1g fat, 2g fiber**
- **Brown:** retains bran and germ, leading to high fiber content
- **Long-Grain:** High amylose & low amylopectin prevents sticky grains
- **Vitamins & Minerals:** Vit B, Iron, Magnesium
- **Gut benefits:** fiber improves bowel function
- Whole grain, complex carbohydrate that helps **avoid glucose spikes**
- **Shop:** Jasmine, Basmati, Plain, Parboiled
- **Prepare:** Simmered/boiled, baked, rice cooker, pressure cooker, stove top, rinse prior to cooking to remove Arsenic and phytic acid
- **Flavor profile:** Chewier and nuttier taste than white rice



## QUINOA

- **1 serving: 1/4 cup dry (1/2 cup cooked)**
- Approx. **111 calories, 4g protein, 20g carbs, 2g fat, 3g fiber**
- Considered a **“Pseudo-Grain”**. Actually an edible seed.
- Red, Black, white types and often gluten-free
- **Nutrients:** Fiber & Protein help you feel satisfied
- **Vitamins & Minerals:** Vit B, Magnesium, zinc, potassium, folate
- **Gut benefits:** fiber improves bowel function
- Antioxidant/Anti-inflammatory: **Flavonoids** Quercetin & Kaempferol
- **Prepare:** Simmered/boiled, baked, pressure cooker, stove top, rice cooker if allowed, short cooking time, rinse to remove phytic acid
- Sweet & Savory dishes