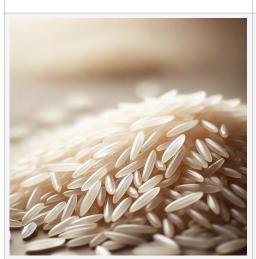
The Weekly Benefits "The Range of Grains"





POLENTA

- · I serving: 1/4 cup dry (3/4 cup cooked)
- · Approx. 150 calories, 3g protein, 32g carbs, O fat, Ig fiber
- Ground dried yellow dent corn, whole grain, often gluten-free, lowcalorie, 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

- · I 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 amulose & low amulopectin 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

- · I serving: 1/4 cup dry (1/2 cup cooked)
- · Approx. III 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