



## HEALTHY HINTS

What are some ways we can incorporate whole grains into our diets?

- For breakfast, cook brown rice in  $\frac{3}{4}$  cup of water  $\frac{1}{4}$  cup of apple juice. Sprinkle the hot cooked rice with cinnamon and nutmeg.
- Add  $\frac{1}{4}$  cup of wild rice into a bowl of vegetable or tomato soup.
- Instead of meat chili, substitute 1 cup of dry bulgur wheat for 1 pound of meat. Sauté the bulgur with diced onions and other vegetables. Add liquid and let the chili cook until thickened.



## This week we learned about: **Whole Grains**

- Grains are starchy foods – **bread, rice, pasta, barley, oats, rye** – that can be either simple or whole.
- Simple grains are **processed**, so they have all of the good nutrients inside of them **stripped away**; therefore, it is important that **we eat the better whole grains!**
  - For example: Wonder white bread is much more **processed** (or stripped of its nutrients) than whole grain, whole wheat bread – so make sure you choose the **WHOLE** grain carbohydrates to get all those delicious nutrients!
  - Food companies **process** their foods so that the foods can sit on the shelf longer without needing to freeze or refrigerate them. Without natural fibers, vitamins and minerals, food doesn't go bad as fast. But these are the foods we should avoid, because we miss out on all the nutrients inside of them!

**NEXT TIME (1/18/23):**

**Proteins!**

