

Nutrition News

JR Lowell Elementary School Parent and Child Newsletter
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What's in the grain group?

Any food made from wheat, rice, oats, cornmeal, barley or other cereal grain is a grain product.

Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

The amount of grains you need to eat depends on your age, sex, and level of physical activity. At least $\frac{1}{2}$ of all grains eaten should be whole grains.

This month's issue of **Nutrition News** takes you inside the Grain Group of the USDA's MyPyramid.

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Recommended Servings

	Age	Amount
Children	2-3	3 ounce equivalents*
	4-8	4-5 ounce equivalents*
Girls	9-13	5 ounce equivalents*
	14-18	6 ounce equivalents*
Women	19-50	6 ounce equivalents*
	51+	5 ounce equivalents*
Boys	9-13	6 ounce equivalents*
	14-18	7 ounce equivalents*
Men	19-30	8 ounce equivalents*
	31-50	7 ounce equivalents*
	51+	6 ounce equivalents*

* see page two for examples of ounce equivalents

Did you know.....

..that bakers used to be fined if their loaves of bread were underweight, so they used to add an extra loaf to every dozen, just in case—hence the expression “baker’s dozen”?

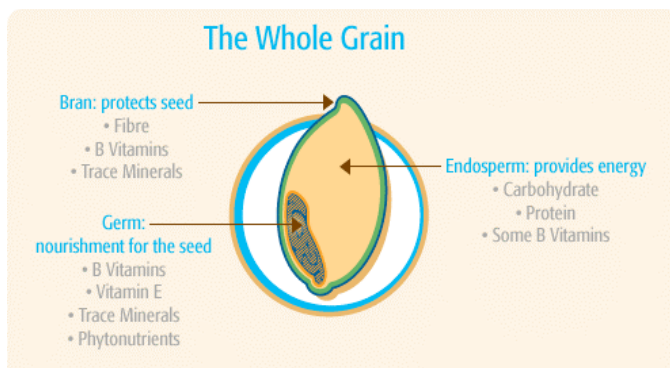
..that popcorn pops because of the water that is stored in a small circle of soft starch in each kernel? As the kernel is heated, the water heats, the droplet of moisture turns to steam, and the steam builds up pressure until the kernel finally explodes to many times its original volume.

What is a serving/ounce equivalent?

- $\frac{1}{2}$ cup of cooked cereal, pasta, or rice = 1 ounce
= size of a small computer mouse
- 1 cup of dry cereal = 1 ounce
= the size of a baseball
- 1 slice of bread counts as 1 ounce
= the size of a CD*
- * About the thickness of 10 CDs (1/2 inch)

Tips for eating more whole grains...

- Replace $\frac{1}{2}$ the white flour with whole wheat flour in your favorite recipes.
- Make risottos, pilafs & other rice like dishes with whole grains such as brown rice, wild rice, bulgur, quinoa, or barley.
- Add oats to cookie and other baked good recipes.
- Buy whole grain pasta or one of the blends that is part whole grain, part white (enriched) flour.
- Try whole grain sandwich breads, bagels, and pita bread.
- Choose cereals made with whole grains.



Whole grains vs. refined grains

Whole grains as well as foods made from them consist of the entire grain seed, usually called the kernel. The kernel is made of 3 parts: the **bran**, the **germ**, and the **endosperm**. In the grain refining process, most of the bran and some of the germ is removed, resulting in the loss of dietary fiber, vitamins, and minerals. Most refined grains are enriched with some of the vitamins and minerals that were removed during the refining process. However, enriched grains do not measure up to the nutrients found in whole grains.

It is important to read the ingredients list on the food label. For many whole grain products, the words “whole” or “whole grain” will appear before the grain ingredients. For example: “whole” wheat flour. Wheat flour, enriched flour, and degerminated cornmeal are not whole grains.

Grain Spotlight: Wild Rice

Wild rice is not actually rice, but an annual water-grass seed that grows primarily in shallow streams, rivers, and lakes of the central U.S. and central Canada. Wild rice was a very important part of the diet of many Native American tribes.

Wild rice is the "state grain" of Minnesota where it is regulated and must be harvested in the traditional Native American way.

Wild rice is high in protein and dietary fiber. It is also a good source of the minerals potassium and phosphorus, and the vitamins thiamin, riboflavin, and niacin.

Uses: Wild rice is used in a variety of ways. It is used either alone or mixed with other rice, in soups, salads, and even desserts.

Storage Tips: Store in a tightly sealed plastic or glass container in a cool, dark, dry place. Uncooked wild rice will keep almost indefinitely if properly stored. Wild rice that has been cooked can be kept in an airtight container in the refrigerator for up to one week.



MyPyramid.gov
Steps To A Healthier You

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Consuming foods rich in dietary fiber, such as whole grains, can reduce the risk of heart disease, and may help with weight management.

FROM THE RECIPE BOX... Granola Bars

Alton Brown/Food Network 2005

2 cups old fashioned oats
 $\frac{1}{2}$ cup raw sunflower seeds
1 cup sliced almonds
 $\frac{1}{2}$ cup wheat germ
 $\frac{1}{2}$ cup honey
 $\frac{1}{4}$ cup dark brown sugar, packed

2 tablespoons unsalted butter
2 teaspoons vanilla extract
 $\frac{1}{2}$ teaspoon kosher salt
1 $\frac{1}{2}$ cups chopped dried fruit, any combination of apricots, cherries, blueberries, etc.

- Butter a 9 × 9-inch glass baking dish and set aside. Preheat the oven to 350 degrees.
- Spread the oats, sunflower seeds, almonds, and wheat germ onto a cookie sheet pan. Place in the oven and toast for 15 minutes, stirring occasionally.
- In the meantime, combine the honey, brown sugar, butter, vanilla, and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.
- Once the oat mixture is done, remove it from the oven and reduce heat to 300 degrees. Immediately add the oat mixture to the liquid mixture. Add the dried fruit and stir to combine. Pour mixture into the baking dish and press down with a spoon (use caution as mixture may be hot), evenly distributing the mixture in the dish and place in the oven to bake for 25 minutes. Remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week.

Grains Word Find

Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium). See if you can find these "good for you grains".

brown rice
bulger

amaranth
quinoa
wild rice

oatmeal
whole wheat
millet

popcorn
cornmeal
rye

buckwheat
barley



Food Safety Tip!

Like other foods, most grains are perishable. Most grains keep well if they are kept in a sealed container in a cool, dry, and dark location. Never use grain or grain products that do not look or smell the way they should. It is important to remember that whole grains do not keep as long as refined grains because the germ portion of the kernel in whole grains, can cause the grain to become rancid (stale) over time.

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References

USDA's MyPyramid , Dietary Guidelines for Americans 2005 , (HHS) Department of Health & Human Services, (USDA) United States Department of Agriculture, University of Idaho Extension(image), Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Food Network, World Book Online Reference Center, Wikipedia, International Wild Rice Association, University of Wisconsin Extension, Cooperative Extension-University of Minnesota: Center for Alternative Plant & Animal Products, Nutricoach.net (image), Nutritional Management Services(NMS)