

**Grains**  
they're essential!



**Les produits  
céréaliers,**  
essentiels pour la santé !

## The goodness of grains

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### Grains of the world:

There are eight grains that make up most of the world grain food supply. These are: wheat, rice, corn, barley, oats, rye, sorghum and millet.

#### **Interesting facts about grains:**

- Wheat is the most commonly consumed grain in Canada and worldwide; rice is the second.
- Wheat and rye are the only grains that make good bread alone, without adding another grain.
- Corn (also called maize) is the only grain also eaten as a vegetable.
- Only 5% of the oats grown in the world are used as food for people.
- There are over 140,000 different varieties of rice.
- Sorghum is also called milo and is used to make a Japanese vegetable flavoured puffed snack.
- Millet is an ancient grain that can be used in soup, cereals and pilaf.

Grain products are an important part of a healthy diet. Include a variety of grain products in your diet everyday. It's easy! Just follow these tips.

#### **Try new breads:**

- Look for ancient grains or old world grains at the supermarket or bakery.
- Look for whole grain breads made with whole grain wheat, oatmeal or oat bran or flaxseed.
- Give dark rye or pumpernickel a try.

#### **Shop for different grains at your supermarket, local health food store or specialty market:**

- Grains come in many forms. Select the form - whole grain, flakes or flour - that suits your menu. For example;
  - Cornmeal, whole grain barley flour, rolled oats, or millet flour make tasty additions to pancakes or muffins.
  - Cracked wheat, barley flakes, cornmeal and millet can make an interesting side dish like pilaf.
- Try brown rice, red rice or wild rice for an interesting change in flavour.
- Try ancient grains found in breakfast cereals or bread or look for them as ingredients in multi-grain breads.



#### **Did you know**

that ancient or primitive grains are making a comeback? Some of these grains are the ancestors of modern day wheat. Grocery stores and specialty food shops are starting to sell breads and other foods made with ancient grains called spelt, emmer and kamut.



#### **Did you know**

that buckwheat, flaxseed and quinoa are not true grains although they are grouped with grains. They are actually seeds of plants and are available as seeds or ground into flour. Add them to breads and other baked goods.



## Experiment with different grains for breakfast, lunch and dinner.

### **Multigrain pancakes for breakfast**

From Jane Brody's Good Food Book (Bantam)

2/3 cup (160 mL)	whole wheat flour	1/4 tsp (1 mL)	salt, if desired
1/3 cup (80 mL)	all purpose flour	1 cup (250 mL)	buttermilk
1/4 cup (60 mL)	oat or other flour (e.g. cornmeal, barley, buckwheat, millet)	1/4 cup (60 mL) or more	skim milk
2 tbsp (30 mL)	wheat germ	1	egg white
2 tsp (5 mL)	granulated sugar	1	whole egg
1 tsp (5 mL)	baking powder	1 tbsp (15 mL)	vegetable oil
1/2 tsp (2 mL)	baking soda	1/4 tsp (1 mL)	vanilla (optional)

1. Combine all dry ingredients in a medium bowl.
2. In a second bowl combine buttermilk, skim milk, egg white, egg, oil and vanilla.
3. Add to dry ingredients; stirring just to combine them. The batter can stand for about 10 minutes out of the refrigerator or for an hour or more refrigerated.
4. Heat a griddle over medium heat. Grease it lightly if nonstick and immediately pour sufficient batter to make pancakes of desired size.
5. Turn heat down to moderate low and cook pancakes until bottoms are golden brown and tops begin to bubble. Flip them over and cook until bottom is golden brown. Serve immediately.

Makes 4 servings

Per serving: Calories 240, Protein 10.7 g, Total Fat 6.7 g,  
Carbohydrate 35.5 g, Fibre 3.9 g, Folate 45 µg



### **Soup and bread for lunch**

Why not try a new bread for lunch along with your favourite vegetable, carrot or squash soup. Some suggestions are:

- Ancient grain roll
- Multigrain bagel
- Whole grain oatmeal loaf
- Flaxseed roll
- Pumpernickel bread



### **Barley and Corn Casserole for dinner**

From the Alberta Barley Commission ([www.albertabarley.com](http://www.albertabarley.com))

1 tbsp (15 mL)	canola oil	3 cups (750 mL)	vegetable or chicken stock
1	onion chopped	2 cups (500 mL)	corn niblets
3	cloves garlic, minced	1/2 cup (125 mL)	chopped fresh parsley
2	carrots, finely chopped		salt and pepper to taste
1 cup (250 mL)	pearl/pot barley		

1. In a heavy saucepan, heat oil and add onion, garlic and carrots. Cook, stirring often, for 4 minutes or until onion has softened.
2. Stir in barley, then pour in stock.
3. Put mixture into a casserole dish, cover and bake in a 350°F (180°C) oven for 1 hour.
4. Stir in corn, parsley, salt and pepper to taste. Bake for another 10 minutes or until heated through and barley is tender. Serve hot.

Makes 8-one cup servings

Per serving: Calories 157, Protein 3.2 g, Total Fat 2.3 g,  
Carbohydrate 32.8 g, Fibre 3.4 g, Folate 34 µg



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