

**Grains**  
they're essential!



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

# Eating Well with Canada's Food Guide- A look at Grain Products

Canada's Food Guide promotes healthy eating for all Canadians over the age of 2 years. The Food Guide explains the amount and type of food that Canadians need to eat each day. It recommends the average number of Food Guide Servings each day from each of the four food groups for males and females at different stages of life.

The recommended numbers of Food Guide Servings for Grain Products are:

Children			Teens		Adults			
2-3	4-8	9-13	14-18 Years		19-50 Years		51 + Years	
Girls and Boys			Females	Males	Females	Males	Females	Males
3	4	6	6	7	6-7	8	6	7

## Make at least half of your grain products whole grain each day

Canada's Food Guide recommends that you eat whole grain products for the added benefits of fibre and other nutrients. Whole grains include all three parts of the kernel—the endosperm, the bran and germ. The endosperm gives you carbohydrate, a source of energy for the body. The bran contains the fibre, many vitamins and minerals and phytochemicals. The germ contains the unsaturated fat, vitamin E, some B-vitamins and minerals, and phytochemicals.

### **Ways to include more whole grains and fibre in your diet:**

- Start your day with a bowl of oatmeal or a slice of whole grain toast.
- Try less common grains such as bulgur, pot barley and wild rice.
- Order pizza made with whole wheat crust.
- Try brown rice, red rice or wild rice for an interesting change in flavour.
- Try ancient grains—spelt, emmer and kamut—in breakfast cereals or breads.
- Experiment with bulgur or cracked wheat, barley, millet and rice to make interesting side dishes such as pilaf.

### **Examples of one Food Guide Serving of Grain Products are:**

- ☞ 1 slice of bread
- ☞ ½ bagel or flatbread
- ☞ 125 mL (1/2 cup) of cooked rice or pasta
- ☞ 175 mL (3/4 cup) of cooked cereal like oatmeal
- ☞ 30 g of cold cereal

## Choose grain products that are lower in fat, sugar or salt

Canada's Food Guide recommends that you choose grain products that are lower in fat, sugar or salt. Grain products are naturally low in fat. When you add butter, margarine, oils, spreads or sauces, you increase the amount of fat. In addition, some baked goods may be high in fat, sugar or salt. Make those foods occasional treats rather than an everyday habit.

### **Tips for keeping your grain products low in fat, sugar or salt include:**

- If you add spreads such as butter or margarine use only small amounts.
- Substitute tomato or vegetable sauces for cream sauces on pasta and rice.
- Buy lower fat and lower salt versions of crackers. Read the label to make your choice.
- Use the Nutrition Facts table on packages to compare ready-to-eat cereals and bars and choose the ones that have less sugar or fat.
- Try new recipes of quick breads and muffins that are lower in fat, sugar or salt.



### **Multi-Grain Pilaf**

**Ingredients:**

2 teaspoons	vegetable oil	2 cups	hot water
1/2 cup	dry bulgur	1/4 cup	coarsely grated carrots
1/4 cup	dry white long-grain rice*	1/4 cup	chopped green onions
1/4 cup	dry pearled barley	1/4 cup	frozen peas
1 tablespoon	dry chicken bouillon	1/2 cup	sliced almonds, natural (optional)

**Directions:**

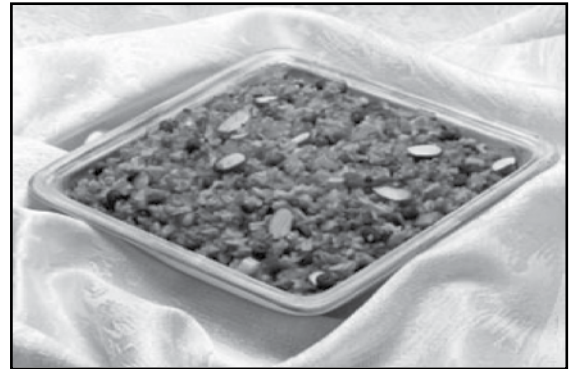
1. Add oil to wok or skillet and heat on medium-high. Add grains and sauté 7 minutes, stirring occasionally.
2. Dissolve bouillon in hot water and stir into grains; add carrots and onions.
3. Cover, reduce heat and simmer 25 to 30 minutes.
4. Stir occasionally until liquid is absorbed and grains are tender.
5. Add frozen peas 5 minutes before end of cooking time.
6. Remove from heat, let stand 5 minutes and fluff with fork. Garnish with almonds.

\*Do not substitute with minute or brown rice.

Makes 4 servings

Per serving: Calories 232, Protein 7 g, Carbohydrates 33 g, Total Fat 9 g (1 g saturated), Fibre 7 g, Folic Acid 32 mcg.

Source: Wheat Foods Council



### **Bugsy Bread**

**Ingredients:**

1/2 cup	brown sugar, packed	1½ cups	finely grated carrots, (3 or 4)
1/2 cup	granulated sugar	1/4 teaspoon	salt
1/2 cup	vegetable oil	3/4 teaspoon	nutmeg
2 large	eggs, slightly beaten	1 teaspoon	cinnamon
1 2/3 cups	whole-wheat flour	1/2 cup	raisins
1 teaspoon	baking soda	1/2 cup	pecans, chopped - optional

**Directions:**

1. Preheat oven to 350°F.
2. Lightly grease bottom only of one 8½ x 4½-inch loaf pan.
3. In a large bowl, beat brown sugar, granulated sugar and oil for one minute, scrape bowl.
4. Add eggs one at a time, beating well after each addition.
5. Sift together whole-wheat flour, soda, salt, nutmeg, and cinnamon. Stir into bowl mixture just until dry ingredients are moistened.
6. Fold in carrots, raisins and pecans.
7. Pour batter into prepared pan. Bake for 60 minutes or until toothpick inserted in center comes out clean.
8. Cool 10 minutes; remove from pan. Cool completely on wire rack.

Makes 28-35 gram slices

Per slice: Calories 120, Protein 2.5 g, Carbohydrates 16 g, Total fat 6 g (1 g saturated), Fibre 1.2 g, Folic Acid 10 mcg.

Source: Wheat Foods Council



**For more information contact: Baking Association of Canada**

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