

Grains





they're essential!



Les produits céréaliers, essentiels pour la santé !

Grain Products are one of the four food groups promoted in Canada's Food Guide to Healthy Eating. The Food Guide recommends we eat between 5 and 12 servings of Grain Products everyday.

One serving is:

-  1 slice of bread
-  1/2 bagel
-  125 ml (1/2 cup) of cooked pasta or rice
-  175 ml (3/4 cup) cooked oatmeal

The most commonly eaten grain products are made from wheat flour. These include many varieties of breads and rolls, flatbreads, pasta, noodles, bulgur and couscous.

What do we get from grains?

For one thing we get energy. The energy comes from the carbohydrate part of grains. While grains are not the only foods that deliver carbohydrates—fruits and vegetables are a source too—grain products, such as breads and pasta, provide a significant supply of the energy our body needs.

Grain products offer us even more. Grains supply essential vitamins and minerals, including thiamine, riboflavin, niacin, folic acid, and iron.

Whole grain and whole wheat products are also an important source of fibre in our diets.

The whole grain advantage






When you see the words whole grain it means that all three parts of the grain kernel are used in the food product. These include:

- **The endosperm** – source of energy
- **The bran** – source of fibre, vitamins and minerals
- **The germ** – mostly vitamins and minerals

Whole wheat products may have all three parts or they may contain only the endosperm and bran. The good news is that both whole grains and whole wheat provide fibre.

Research shows that people who eat whole grains and whole wheat each day have a lower risk of chronic diseases such as heart disease, diabetes and cancer.

Make whole grains a regular part of your diet.

-  Look for products with the words "whole grain" or "whole wheat" on the label.
-  Try some of the new whole grain breads at your grocery store.
-  Introduce your family to whole wheat pasta.
-  Snack on air-popped or low-fat popcorn.
-  Don't forget an old favourite – oatmeal.

Interested in adding more grains to your diet?

Choose from a wide assortment of foods, such as:

- Bread
- Pasta & noodles
- Rice
- Cornmeal
- Oatmeal
- Barley
- Quinoa
- Amaranth
- Millet

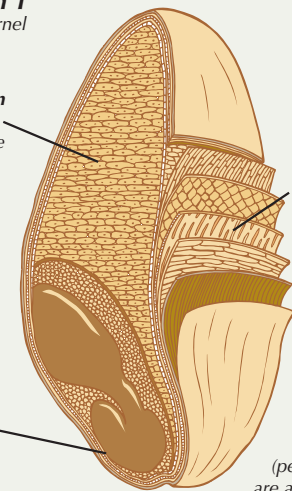
Diagram 1
Wheat Kernel

Endosperm
makes up
83% of the
kernel

Bran
makes up
14% of the
kernel

Germ
makes up
3% of the
kernel

(percentages
are approximate)





What about refined grains?



In Canada, we have refined grains that, by law, must be enriched and others where enrichment is optional. Enriched grains have similar nutrients as whole grain... minus the fibre.

All white flour made from wheat is enriched with B-vitamins and iron. This means that the nutrients lost during milling are added back into the flour. In Canada, all products that are made with wheat flour, use enriched flour.

Grain products such as pasta, cornmeal, pre-cooked rice and breakfast cereals may also be enriched.

In 1998, Canada began adding folic acid to white wheat flour, enriched pasta and enriched cornmeal. The reason was to boost people's folic acid intake. Folic acid is a B-vitamin that is essential for health and is especially important for the development of unborn babies.

Check the label:

-  Look for the word "enriched".
-  Many grain products can be sources of energy without being high in fat and sugar – check out the Nutrition Facts box on the label and choose foods with less than 3 grams of fat per serving.




Will eating grains make me fat?

Popular diet books often tell you to eat less carbohydrate. But they are wrong! Eating too much and not being physically active leads to weight gain. There are no fad diets that work in the long run.

? Did you know

Research has shown that reducing carbohydrate intake without reducing calories does not lead to weight loss.

Remember to:

-  Eat a variety of foods.
-  Watch the portion size – larger portions are not necessary and can lead to weight gain.
-  Be physically active every day.

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Tasty ways of trying grains



Pasta with Zucchini and Tomatoes

1 package	375 g macaroni-type pasta (penne, rotini or elbow)
1 each	onion and garlic clove, finely chopped
1	zucchini, sliced
¼ cup (60 mL)	olive oil
12	cherry tomatoes, cut in half
2 tbsp (30 mL)	chopped fresh parsley or basil
	salt and freshly ground pepper (to taste)
	grated parmesan cheese (to taste)

1. Cook pasta according to package directions
2. Sauté onion, garlic and zucchini in oil until tender.
3. Add tomatoes and parsley; heat through.
4. Season to taste with salt and pepper.
5. Toss pasta with vegetable mixture and serve topped with cheese.

Makes 8 – 1 cup portions

Per portion with whole wheat pasta: Calories 237, Protein 7.5 g, Total Fat 7.8 g, Carbohydrates 38.0 g, Fibre 4.5 g, Folic Acid 21.7 µg

Per portion with enriched pasta: Calories 258, Protein 6.8 g, Total Fat 8.0 g, Carbohydrates 40.3 g, Fibre 2.3 g, Folic Acid 115.0 µg



Uptown Turkey Sandwiches

1 tbsp (15 mL)	honey mustard
1 tsp each (5 mL)	apple juice and wine vinegar
4 oz (125 g)	cooked turkey breast, thinly sliced
4 slices	100% whole wheat bread, toasted
½	roasted pepper, thinly sliced
¾ cup (150 mL)	fresh baby spinach

1. Whisk together mustard, apple juice and vinegar.
2. Divide turkey slices between 2 slices of toast.
3. Drizzle with mustard mixture.
4. Top with red pepper, spinach and remaining toast.

Makes 2 sandwiches

Per sandwich: Calories 367, Protein 27.15 g, Total Fat 7.4 g, Carbohydrates 47.3 g, Fibre 7.3 g