



COOKING



Introduction to Grains



Whole Grains



Quinoa Breakfast Treat

- Red Quinoa
- Honey
- Cinnamon
- Pecans



Whole Grain Kernel

Bran

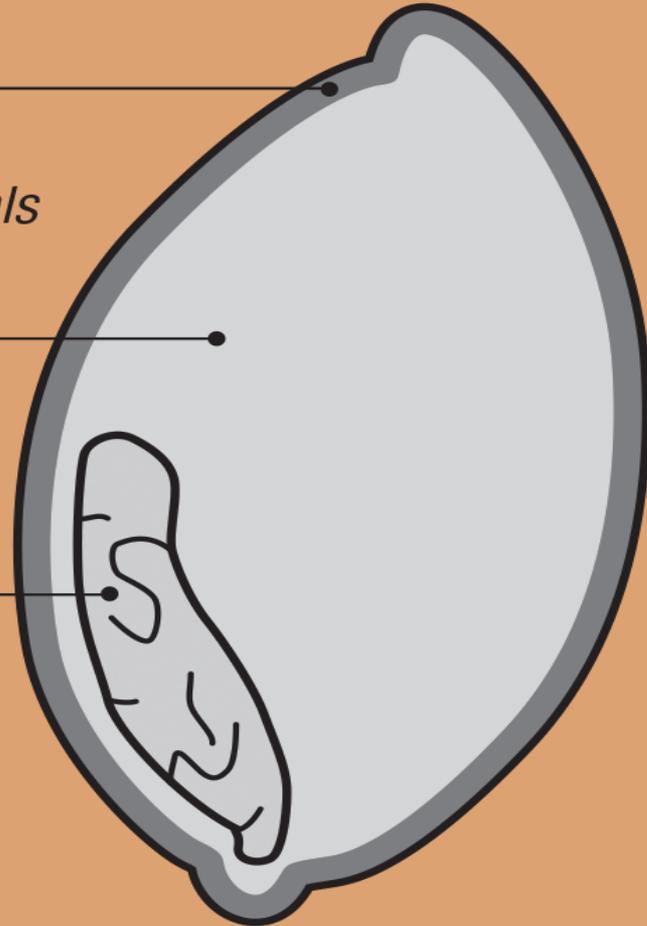
“Outer shell” protects seed
Fiber, B-vitamins, trace minerals

Endosperm

Provides energy
Carbohydrates, protein

Germ

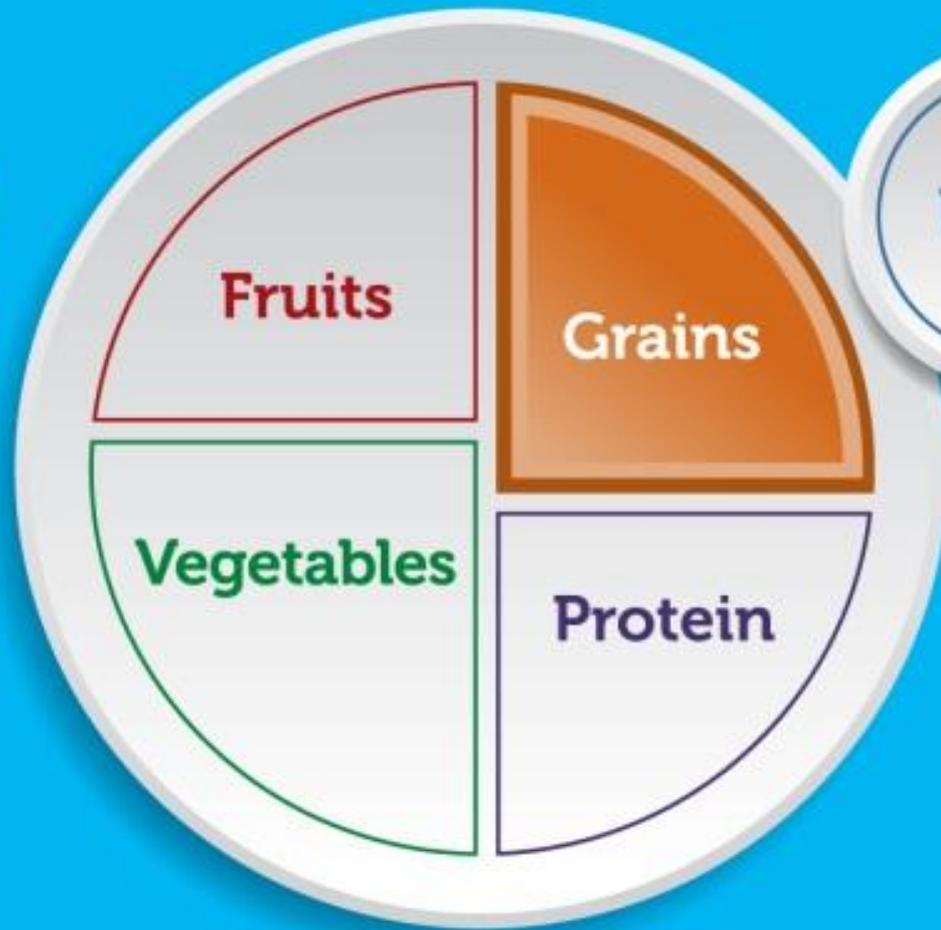
Nourishment for the seed
*Antioxidants, vitamin E,
B-vitamins*



Calories 100
Fat 9 • Carbohydrate 4 • Protein 1

INGREDIENTS: WHOLE WHEAT FLOUR
(WHOLE GRAIN), WATER, SUGAR, WHEAT
GLUTEN, YEAST, SOYBEAN OIL
(NON-HYDROGENATED), HONEY, SALT,
CONTAINS 2% OR LESS OF THE FOLLOWING:
CALCIUM SULFATE, CULTURED
LACTIC ACID, AMMONIUM





Choose **MyPlate**.gov

Whole Grains vs. Refined Grains

Examples of whole grains:

- whole-wheat flour
- bulgur (cracked wheat)
- oatmeal
- whole cornmeal
- brown rice

Examples of refined grain products:

- white flour
- de-germed cornmeal
- white bread
- white rice

Whole Grain Rich:

- Whole grain as the first ingredient
- 8 grams of whole grain per serving
- FDA-approved whole grain claim on package



WHOLE GRAINS

- All foods counted as a grain must be whole-grain rich, meaning at least 51% of the ingredients are whole grains.
- Whole grains include but are not limited to whole-wheat flour, oatmeal, whole cornmeal & brown rice.
- No more than 2 grain based desserts per week can be used to meet the grain requirement.



Serving Whole Grains and Cooking Whole Grain Pasta





Nutrition Facts

Serving Size 195 g

Amount Per Serving

Calories 216 Calories from Fat 15

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 2%

Trans Fat

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 45g 15%

Dietary Fiber 4g 14%

Sugars 1g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 5%

Nutrition Facts

Serving Size 158 g

Amount Per Serving

Calories 205 Calories from Fat 4

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 45g 15%

Dietary Fiber 1g 3%

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

Shortcuts



Stickiness and Starch

