

Nutrition News!

This newsletter provides ways to recognize whole grain products and tips on incorporating them into a healthy diet.

Why Choose Whole Grain

- Whole grains contain vitamins and minerals which are lost when grains are refined.
- Whole grains lower your risk of cancer, heart disease, and diabetes.
- They taste great!
- The fiber, contained in whole grains, helps you feel full.
- Whole grain foods are usually low in fat.
- Fiber helps keep your digestive system healthy.



Whole Grain? Look at the Food Label

- **Descriptive Phrases:** Look on the food package for phrases such as “100% whole grain” or “high in fiber.”
- **List of Ingredients:** The first ingredient on the list is the main ingredient in the food. The food is considered a whole grain if the first ingredient listed is whole grain.
- **Fiber:** Look for fiber on the nutrition facts label. Whole grain products will have more fiber than non whole grain items. Remember to look at the nutrition facts label and not at what is “advertised” in big print on the front of the box.

**** Join us for our next class on May 14 from
11:30-12:30!**

TASTY WHOLE GRAIN RECIPES

WHOLE GRAIN SPAGHETTI (SERVES 6-8)

- 1/3 package STORE BRAND whole grain spaghetti broken into pieces
- 1 (26 ounce) jar STORE BRAND spaghetti sauce
- 1 cup chopped carrots OR drained can of carrots
- 1 head of broccoli chopped. Chop stems into thin circular pieces.



DIRECTIONS FOR COOKING ON STOVE

1. Chop the vegetables and steam
2. Boil spaghetti noodles about 9-11 minutes or until they reach desired softness
3. Drain the spaghetti and put the noodles back in the pot on the stove
4. Add chopped vegetables and sauce to the pot on the stove
5. Leave stove on for about five minutes or until sauce and vegetables are warm

DIRECTIONS FOR A CROCKPOT:

1. Put spaghetti sauce and raw vegetables in the crock pot and cook on low for 6-8 hours. Stir once or twice
2. Then add noodles broken into small pieces plus about $\frac{3}{4}$ cup of water and cook for 1.5 to 2 more hours. Remember you can add any leftover (pre-cooked) vegetables that you may have like greens, beans, potatoes, etc. For thinner sauce add water.

OATMEAL WITH APPLES (4 SERVINGS)



- 2 cups oatmeal
- 4 cups water
- 4 small apples or pears, washed, cored and chopped
- sprinkle cinnamon and/or nutmeg
- 1 handful walnuts or pecans (optional)

DIRECTIONS:

1. Measure oats into saucepan and add water
2. Bring to a boil, then simmer. Keep pan uncovered and stir every 5 minutes.
3. Core and chop apples into a bowl and add a little cinnamon and/or nutmeg to taste.
4. Microwave the apples uncovered on high for about 4 minutes.
5. When the oatmeal has thickened spoon it into the bowl of apples.
6. Sprinkle nuts on top.
7. Add milk if desired.