

# Creating Health & Nutrition Fact Sheets

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for the StrongWomen™ Program

## Tip

Oatmeal is an easy-to-identify whole grain. Cook oatmeal and add your own raisins and nuts for an economical and fast breakfast.

Whole grains are in the spotlight. The 2005 Dietary Guidelines recommends that Americans eat half their grain intake as whole grains. This is 3 of the 6 servings recommended if you eat 2,000 calories a day.

## What Is a Whole Grain?

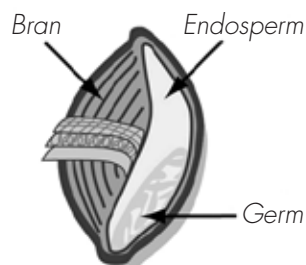
A whole grain contains all three parts of a kernel—the bran, the endosperm and the germ. The bran is the outside coat and contains B vitamins and fiber. The germ is the embryo, which, if fertilized, will sprout to make a new plant and contains B vitamins, protein, and healthful fats. The

## Whole Grains — Worth the Effort

endosperm is the germ's food supply and is mainly starchy carbohydrate and some protein. Most grains that are milled, such as wheat, have the germ and the bran removed, and the remaining endosperm is used to make the flour.

### What Are Examples?

Whole wheat, corn, brown rice, oats, barley, quinoa, sorghum, spelt, rye, bulgur, millet, and popcorn are whole grains. Whole grains can be whole, cracked, ground, or flaked kernels, but the mix of endosperm, germ, and bran must match that of the intact grain.



Graphic courtesy of Bob's Red Mill

## Why Eat These?

As noted above, whole grains supply B vitamins, vitamin E (in the germ), magnesium, iron, and fiber. The fiber is mainly insoluble and is important for keeping you regular. Those who eat three servings a day of whole grains reduce their risk of heart disease, stroke, type 2 diabetes, and digestive system cancers by 20–40 percent. In addition, eating these regularly lowers your risk of obesity, possibly by displacing other more calorie-laden foods.

### What Is a Serving of Whole Grain?

The United States Department of Agriculture (USDA) defines a grain serving as a grain product containing at least 16 grams of flour. To be a whole-grain serving, the product you eat has to

have at least 16 grams of a whole grain. Then you need 3 servings like this if you are eating 2,000 calories and want to meet the guidelines. This is easiest to do if you eat at last 3 servings of 100 percent whole grains.

### How Do I Find These in the Supermarket?

It is not easy. Only 10 to 15 percent of grains in the supermarket are composed of enough whole grains to make a serving as defined by the Dietary Guidelines. Since food manufacturers do not tell us the percent by weight of grain in a product serving, you have to read the label carefully.

First, look at the ingredient label. If the first ingredient says "whole X"—for example, whole wheat flour, whole oats, whole rye—then that product is more likely to be a whole-grain product. However, this is not guaranteed. If the whole grain appears farther down the list, the more likely the product does not have enough whole grain to make a USDA serving.

Second, look for the Whole Grain Stamp on the package. This stamp was developed by the Whole Grain Council, a consortium of chefs, scientists, food companies, and the Oldways Preservation Trust. Industry members include Frito-Lay, King Arthur Flour, Schwan Foods, and many others. For more information,

go to <http://www.wholegrainscouncil.org/>.

The older version of the stamp has two values: (1) half a serving of whole grains or 8 or more grams of whole grains per serving and (2) a whole serving or 16 or more grams of whole grains per serving. Eat 6 servings of foods with the half serving stamp or

Food	Source	What I buy	What I plan to buy
Whole grain cereal	Whole grains	Cocoa Puffs	Kix made with whole grains

three of foods with the whole serving stamp.

**Note:** An earlier version of this stamp did not state the grams of whole grain. Instead "good source" was substituted for 8 or more grams, and "excellent source" for 16 or more grams.

Recently the stamps were changed to allow consumers to see the actual whole grain content of a food.

Regardless, the stamp is distinctive and provides assurance that the product contains whole grains. Any company wishing to use the stamp must submit its formulation to the council for verification that it meets the stamp guidelines.

Third, you may find particular food companies stating the amount of whole grains in a serving of their product on the food package. This will be on the front or top of

boxes where you can see it as you shop. This is becoming more common on cereal packages.

## Examine Your Choices

Our most common sources of whole grains are breads, cereals, and crackers. Take a look at the packages in your pantry. How many would qualify as whole grains? If not many, take some time on your next shopping trip to look for alternatives that are whole grain.

Prepared by J. Lynne Brown, professor of food science

Sources: <http://www.wholegrainscouncil.org/>; <http://www.ctsan.fda.gov/~dms/flragui.html>

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## Cornmeal-Rye Waffles

Serving Size: Makes 16 4-inch square waffles

### Ingredients

3 cups buttermilk  
2 eggs or equivalent egg substitute  
6 Tablespoons canola oil  
2 cups yellow cornmeal  
1 cups whole rye (pumpernickel) flour  
¼ cup sugar  
2 teaspoons baking powder  
1 teaspoons salt  
1 teaspoon baking soda

### Directions

In one bowl, mix the dry ingredients together. In another, mix the buttermilk, eggs, and oil together. Combine wet and dry ingredients. Let batter set for 10 minutes to allow the cornmeal to soften. Heat your waffle iron and make waffles, or use a nonstick griddle to make pancakes. Serve with syrup.

### Nutrition Content

Per serving: 23 g whole grains, 161 calories, 6 g fat, 5 g protein, 20 g carbohydrate, 3 g sugar, 3 g fiber, 475 mg sodium, 40 mg cholesterol, 106 g calcium

Recipe Source: Adapted from *King Arthur Flour Whole Grain Baking*. Woodstock, Vt.: The Countryman Press, 2006.

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