What are Whole Grains?
Grains are divided into two groups, whole grains, and refined grains. Health professionals recommend that we eat half of our servings from whole grains. Why? Whole grains contain more nutrients than refined grains. They include all parts of the grain which are germ, bran, and the endosperm. Refined grains only contain the endosperm.

**Bran:** Contains fiber, B vitamins, trace minerals.

**Endosperm:** Contains carbohydrates, protein, and some B vitamins.

**Germ:** Contains B vitamins, vitamin E, trace minerals.

Cooking Tips
» Make a small change by mixing cooked brown and white rice together. Over time, move towards eating all brown rice.
» Plan ahead. Whole grain pasta requires a longer cooking time. Read the cooking directions on the package.
» Make whole grains more flavorful by cooking in low sodium broth.
» Chill grains after cooking. Combine with chopped vegetables, such as tomatoes and broccoli, then toss with a balsamic, Italian, or other dressing.
» To enhance flavor, experiment with low sodium seasonings such as allspice, basil, cinnamon, chili powder, celery seed, garlic, ginger, oregano, sage, and thyme.
» Keep whole grains and flour stored in airtight containers in a cool, dry place. To extend shelf life, store in the refrigerator or freezer for up to six months.

Use More of These Whole Grains
» Whole wheat
» Whole oats/oatmeal
» Whole grain corn
» Popcorn
» Brown and Wild rice
» Whole-grain barley
» Buckwheat and Bulgur
» Quinoa and Millet

Use Less of These Refined Grains
» Pearled barley
» White rice
» Enriched flour
» Wheat flour
» Degerminated grain (germ and bran parts removed)

Nutrition Links Thrifty Tips
» Serve whole grain pasta salad over spinach and mixed greens
» Add ½ cup uncooked barley or bulgur when cooking soups and stews
» Try popcorn for a whole grain snack

Source: wholegrainscouncil.org
**Jumbo Breakfast Cookies** Serves 24  
**Ingredients**  
- 1 egg  
- 1 cup sugar  
- ½ cup canola oil  
- ½ cup peanut butter  
- ¾ cup water  
- 1 Tablespoon vanilla  
- ½ teaspoon baking soda  
- 1½ cups whole wheat flour  
- 1 cup old fashioned or quick cooking oats  
- 1 cup raisins  
- 4 cups oat circles  

**Directions**  
3. Drop dough by rounded ⅓ cupful*, 2 inches apart onto ungreased large cookie sheet. Flatten dough to about one inch thick.  
4. Bake 13 to 15 minutes or until golden brown.  
5. Let stand five minutes before removing from cookie sheet. Store loosely covered.  

*An ice cream scoop works well.

**Nutrition Information:** Calories 183, Fat 8.4g, Sodium 76mg, Carbohydrates 26g, Fiber 2g, Protein 4g  
**Recipe Source:** Penn State Extension Cooking with Grains Booklet, Photo Source: Cynthia Fisher / Penn State

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**Overnight Oats** Serves 1  
**Ingredients for Peanut Butter Variety**  
- ⅓ cup old fashioned or quick cooking oats  
- 2 Tablespoons peanut butter  
- ½ cup low fat milk  
- ½ teaspoon vanilla extract  
- 1 teaspoon honey  

**Ingredients for Pumpkin Variety**  
- ⅓ cup old fashioned or quick cooking oats  
- ⅓ cup pumpkin puree  
- ½ cup low fat milk  
- ½ teaspoon cinnamon  
- 2 teaspoons packed brown sugar  

**Directions**  
1. Wash hands. Place all ingredients into a 2 cup container.  
2. Cover and store in the refrigerator overnight.  

**Tip**  
Top with chopped fruits, nuts, or seeds.  

**Nutrition Information:** Calories 190, Fat 2.5g, Sodium 40mg, Carbohydrate 39g, Fiber 6g, Protein 7g  
**Recipe Source:** spendsmart.extension.iastate.edu/recipe/overnight-oats/  
**Image Source:** blogs.extension.iastate.edu/spendsmart/

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Learn more about cooking healthy on a budget! Contact Nutrition Links to see if you are eligible for free nutrition classes: scan this QR code, call 888-778-3535 or email nutritionlinks@psu.edu.