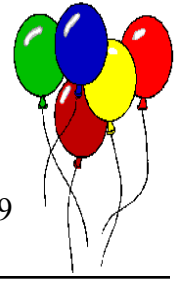




NUTRI-NEWS



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"Balloons for a Balanced Lunch"
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The Scoop on Whole Grains

The Food Guide Pyramid recommends that each of us eats whole grains at least half of the time. But what actually is a whole grain? How can one look at a food label and tell that the food they are purchasing is whole grain? Here's a little help.....

***Whole grain:** Whole grains contain the entire grain kernel—the bran and germ of the grain. Whole grains provide fiber, magnesium and other nutrients. Nothing is stripped away during processing. To be called whole grain the product must be at least 51 percent whole grains.

***Whole wheat:** Whole wheat products are whole grain, however, these must be strictly made from whole wheat with no other grains added. Whole wheat pastas are becoming more popular but have a grittier texture and flavor than refined pastas. A suggestion would be to mix half whole wheat with regular pastas in the beginning to get used to this healthier food.

***Multi-Grain:** These food products are made from at least two different types of grain such as wheat, oats, corn or barley. Check the food label. Multi-grain does **not** necessarily mean whole grain.

Some common foods that are whole grains are brown rice, oatmeal, popcorn, whole wheat flakes breakfast cereal, muesli, whole wheat bread, whole wheat flour tortillas, whole grain barley and whole grain cornmeal. Some less common whole grains

are quinoa (pronounced keen– wah), amaranth, sorghum and millet.

Couscous, cornbread, corn tortillas and corn flakes cereal are **NOT** necessarily considered whole grains. One must check the food label ingredient list for the words “whole grain” or “whole wheat” to see if they are listed. If so, then they are considered whole grain.

Some grain products contain bran. This however, is not a guarantee that these products are whole grain. Bran, a significant source of fiber is healthy, however, food products with added bran or bran alone (such as oat bran) may not necessarily be whole grain.

Fitness Forum

Running in the warm weather? A study published in the April 2010 journal of Athletic Training found that runners who were hydrated ran better than those who ran dehydrated. It is recommended that one drinks 8 to 16 oz of fluid (water or a sports drink) one to two hours before a run. If pressed for time 15 - 30 minutes before a run , four to eight ounces of fluids is advised to consume.

(www.runnersworld.com)

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