



Kernels

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**Anyway You Slice It,
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PLUS:
New Recipes, Studies, and Trending Foods



A Word From Judi Adams

One of the reasons I became a registered dietitian was because it allowed me to combine two of my favorite subjects – science and food. I loved digging into the science behind what we eat and how it impacts our health, and I also loved digging into a tasty plate of pasta that I had prepared.

This issue of Kernels also focuses on the scientific and the culinary side of wheat foods and grains. On the science side, we share the findings of a recent study from Harvard University, which shows that eating whole grains may extend your life. It all adds up to more reasons to eat that bowl of whole grain cereal at breakfast, munch a sandwich on whole grain bread at lunch, or serve your family whole grain pasta at dinner.

We also take a look at the recently-released Dietary Guidelines Advisory Committee (DGAC) report, and share our comments supporting the DGAC's continued call for half of all grain intake to come from whole grains. This recommendation allows Americans to reap the multiple, established health benefits of whole grains, leaving the other half of daily grain intake for enriched grain products, which have their own unique taste and nutritional benefits.

Turning to the culinary side, we highlight exciting new flavor trends for grain foods (think toast and toast flavors). Also trending are pies – move over cupcakes -- and what could be better for spring than tips and recipes featuring pies from sweet to savory and in between, because pies are not just for dessert anymore!

In our recipe spread, we highlight three of our newest recipes, developed specifically for the Wheat Foods Council around the themes of quick, healthy, and delicious.

We've even included a history lesson, taking a look back in time at what was on the "Meso" diet (as in Mesolithic) in what is now Great Britain.

So ponder the science, then get cooking in the kitchen and savor the recipes, because taste and nutrition really do go together.

Judi Adams, MS RDN,
President, Wheat Foods Council

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Welcome!



Eating Whole Grain Foods May Extend Your Life

Findings from a newly-released Harvard Study

Who knew that starting your day with a whole grain bowl of cereal or biting into your turkey and Swiss on whole wheat bread at lunch would help add years to your life? That's what a new Harvard research study has found.

Eating more whole grains is associated with lowering overall mortality up to 9 percent, and it lowered cardiovascular disease (CVD)-related mortality up to 15 percent, according to the long-term study conducted by the Harvard T.H. Chan School of Public Health. The study was published in the Journal of the American Medical Association in January 2015. Just one 28 gram serving of whole grain foods per day were responsible for lowering overall mortality by 5 percent and CVD by 9 percent.



Harvard scientists and researchers monitored consumption of whole grains for a large group of women and men and compared it with mortality data over an approximate 25-year period, adjusting for a variety of factors. While these are self-reported data, which has its limitations, conducting an intervention trial for over 118,000 individuals long term is both financially and logistically impossible. This study shows association and not cause and effect. In addition,

according to the authors, the participants were predominantly middle-aged and older healthcare professionals of European ancestry, and it is unknown whether the findings can be generalized to other demographic or ethnic groups.

Assistant professor in the Department of Nutrition and senior author of the study, Qi Sun, stated that these findings "further endorse" current dietary guidelines promoting whole grains as a significant healthy food and that eating whole grain foods helps prevent major chronic diseases.

The Harvard study found that bran, a component of whole grain foods, was linked with up to 6 percent lower overall mortality and up to 20 percent lower CVD-related mortality.

Like all grains, wheat is grown from the seed or "kernel," and each kernel contains three parts - the endosperm, bran and germ.

Whole grain products contain the entire kernel of grain. As the study suggests, the bran provides optimal health benefits like insoluble fiber, B vitamins, trace minerals, and a small amount of protein. In addition, the germ supplies a rich source of trace minerals, unsaturated fats, B vitamins, antioxidants and phytochemicals.

Sources: Harvard T.H. Chan School of Public Health, press release, "More whole grains linked with lower mortality," January 5, 2015; Wheat Foods Council website.



Michele Tuttle, MPH, RD – *One Grainy Athlete*

Threes seem to be playing an important role in Michele Tuttle's life these days. As the mother of two children, a working registered dietitian, and a competitive, nationally-ranked athlete, she knows the importance of achieving balance between these three areas in her daily life.

She has also chosen to compete in a sport that involves three different events – the triathlon. A life-long athlete, she didn't decide to take on the rigors of being a triathlete until her mid-40s. She has competed at USA Triathlon (USAT) Nationals (Olympic and Sprint distances) and qualified for the 2013 World International Triathlon Union (ITU) Triathlon Championships in London. There, she won the bronze medal in the sprint distance and placed 8th in the Olympic distance. She's been a USAT All-American triathlete since 2012 and is currently certified as a USAT Level I Triathlon Coach and US Masters Swimming Coach (Level 2).

The Wheat Foods Council is pleased to announce its sponsorship of Michele this year, as she sets her sights on her next achievement – competing at the 2015 World ITU in Chicago in September. As part of its sponsorship, Michele will be featured on the WFC website www.wheatfoods.org, where both new and old fans will be able to follow her on social media (@irongirlrd), read her blog postings, learn about her training regimen including diet and the importance of grains in her training, and watch videos of her in action.

To help you get to know Michele better, Kernels interviewed her recently to find out more about what makes her run...and swim...and bike!

WFC: Why did you start competing as an adult? What motivates you?

I've always enjoyed having a goal or purpose. Although I love training and exercise, somehow it feels better to know that I'm going to "use" it for something. I started swimming competitively at age 13 and continued through college. After graduating from college, I would sign up for an event every now and then, usually a masters swim meet,

at least once per year. Having a goal means you get up on those cold dark mornings and train when you'd rather stay in bed.

I think my biggest source of motivation for racing is simply the desire to see where my limits are, physically and mentally. People often say they race and train because they can. The older I get, the more I believe this. I do it because I can. So many people either cannot physically exercise because of health problems, or simply don't feel the payoff of exercise is worth the hassle or discomfort. For me, I've always had to do some form of physical activity to be able to function well in the rest of my life. I wouldn't say I'm "addicted" to exercise but I really don't feel good on the days I don't do some sort of activity. That makes it easy for me: it's sort of like brushing my teeth. I may be tired, but I do it anyway and am always glad I did.

WFC: Why triathlons?

I like a lot of variety in my life. Whether it's food or work or physical activity, I really like doing a lot of different things all the time. Triathlons require training in three different sports. At any one time, you might be feeling great in one sport and miserable in another but something good is usually going on in one of the three. Plus, I love all three sports. And, I love being outside. When you think about it, most kids love to swim, ride their bikes and run around. That's what triathlons are for me: playtime.

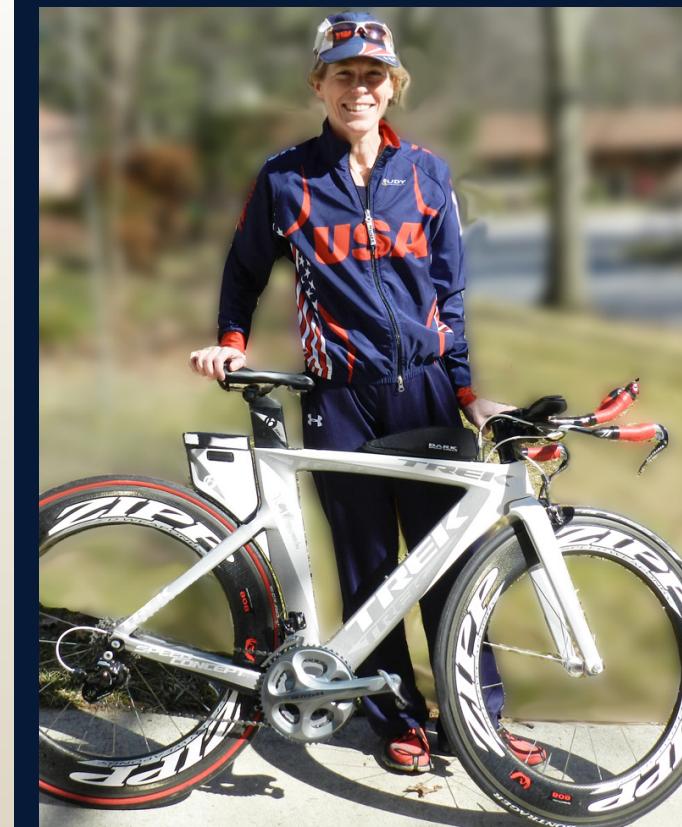
WFC: What do you like best – and least – about competing?

The best part about competing is the anticipation leading up to a race. You've put in all kinds of training and preparation but race day is always where it all has to come together. Things will go right and not so right. I love the feeling of knowing you've done everything you can to prepare and now it is sort of out of your hands. Your only job is to do what you can, moment by moment, as you race and deal with the inevitable things that come up that you didn't plan for (like the weather, a flat tire, a cramp or whatever).

I can honestly say that what I like least is that training hard means risking injury. Being injured is the WORST. It's like being sent to your room without dinner (does anyone do this anymore??)...you have to "rest" to get better which means you can't train.

WFC: How do you juggle a family, work and training?

First, I have the world's most supportive husband. He's willing to pick up the slack when I can't do something because of my training or work schedule. It also helps tremendously that I work from home.



It means I can structure my time to fit my training schedule. Since I don't commute, I have more time for training, work and family. Also, I try to do most of my training at times that don't impact our family time. At times, this means either getting to work really early (5:30 am) so I can work out mid-day, or squeezing workouts in between other activities. I won't say it's easy to balance the type of training I do with work and family responsibilities, but it is worth it to me.

WFC: What role do grains play in your diet? Why are they important?

I've always, always, always eaten a diet that features lots of grains. And, I've been a very active person my whole life. I get hungry every 2-3 hours no matter what I eat. For me, foods like cereals, breads, and pasta are staple foods. Of course, I eat other types of grains, too, and I eat whole grains as much as I can. But, I also include a lot of enriched grains because they're easy for me to eat and I like them. For me, grains are especially important because nutritionally, they supply the carbohydrate, iron and B vitamins that I need a lot of because of my training.

WFC: Share with us some sample menus (breakfast, lunch, dinner, snacks).

Typical Breakfast: whole grain cereal with skim milk and fruit, orange juice and coffee with half and half.

Mid-am Snack: handful of almonds and a kefir or yogurt based smoothie.

Lunch: Hearty soup or stew (leftover from dinner) that usually includes some pasta, beans, and lots of vegetables, or an omelet with spinach, onions, mushrooms and cheese with an English muffin.

Mid-pm Snack: Pretzels with peanut butter or corn chips with guacamole or hummus and pita chips. I'm also a big fan of Oreos and milk (shhhh...don't tell anyone).

Dinner: Hearty soup or stew made with beans, pasta, vegetables, and often beef, salad and bread. Another night might be something like chicken marsala with tons of mushrooms, served with sautéed spinach or steamed broccoli and pasta.

WFC: Most of us are not competitive athletes. Are there some key takeaways you can share that we can all do on a day-to-day basis to eat healthier?

I think the important thing is to set an intention toward what you are trying to achieve. If you want to eat healthier, you have to first be specific about what you are going to change, then come up with ways to make it happen. For example, if you are going to switch to a whole grain cereal, you need to make sure that cereal is available and that you like it. Next, it has to be placed where you are going to remember to eat it. And, if you normally skip breakfast because of time, you have to get up in time to eat or else make it possible to bring it with you. In other words, after you set an intention, you have to examine the barriers and work toward removing them.



Any Way You Slice It, Pie Comes Up Delicious

"As American as baseball and apple pie" -- Most Americans would agree that a slice of pie symbolizes one of life's simple pleasures. Pies are enjoyed by many at holiday meals, family gatherings, parties and summer picnics, and they're not just for dessert anymore.





Eighty percent of pie consumers eat pie at other times of day, including breakfast, according to an American Pie Council (APC) consumer survey conducted by the Nielsen Perishables Group in January 2014. The APC survey showed that more than half of respondents eat pie once per month, and the top three favorite pie flavors were apple, pumpkin and chocolate.

Next to Thanksgiving, Christmas is the most popular occasion to serve pies. Nearly 80 percent of people who eat pie have made one from scratch, and over half of cooks were taught by their mothers. Fifty-one percent will buy the pie crust, but make a homemade filling, according to the report.

The definition of pie is not agreed upon by all, but a pie must have a pastry, made with some form of grain, like wheat, combined with a fat and baked in some kind of container. Pies typically have a bottom crust, sometimes a top crust, with sides that encase the fillings.

Pies date back to the Egyptians, about 1300 B.C., where bakers combined fruits, nuts and honey in dough, similar to a galette. Ancient Greeks encased primitive dough comprised of flour and water around meats to hold in juices, but the Romans produced the first recipe, a rye-crusted goat cheese and honey pie.

During European medieval times, pies or "pyes," were primarily filled with savory meat and cheeses and baked in pans called "coffyns." The early colonists brought British recipes for "meat pies" to America and seasoned them with dried fruits and spices. Pumpkin pie was first introduced at the Pilgrim's second, not first, Thanksgiving in 1623, and it was during the American Revolution that the term "crust" was used.

During the 19th century, sweet fruit-filled pies and pastries flourished. Portable or hand-held pies like turnovers, empanadas, and calzones, perfectly encased individual portions in crust and were served by street vendors to working class people as a quick meal.



With today's on-the-go lifestyles, "hand-pies," the homemade or bakery version of the pop-tart, have become popular. Hand-pies come in all shapes - round or square, half-moons or triangles. Pies baked in cupcake molds called "cuppies" by some, are also a great way to make a more traditional pie while sized like a hand-held one. "Cuppies" can be topped with ingredients like fruit compote or crumbled cookies.

Commercial and home bakers are also baking 6-inch mini-pies. The smaller sized pies are more convenient for serving and transport, and they allow for customizing flavors, higher piecrust to filling ratio, and provide the perfect portion.

Pies are growing in popularity and continue to satisfy and delight. The American Pie Council, created to preserve America's pie heritage, has hosted the APC National Pie Championships® since 1995 where amateur, professional and commercial pie bakers compete to be the best in their categories. This year's competition took place in April in Orlando, FL. The group also designated and registered January 23rd as National Pie Day.

Some unusual pie recipes: **Chocolate Avocado Pie** (Cakespy.com), made with a cookie crumb crust and a whipped cream or meringue topping, or **Old-Fashioned Sawdust Pie**, a recipe from the Loveless Café in Nashville, TN, which gets its name from the mixture of cookie crumbs, pecans and coconut that look like sawdust.

For your next gathering or family meal, try one of the Wheat Foods Council's tasty sweet or savory pie recipes, like **Creamy Almond Peach Pie** or **Broccoli Swiss Quiche with Whole Wheat Pie Crust**.



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Going Grainular: Great New Ways with Whole Wheat Foods

Wheat Berry and Wild Mushroom Soup with Whole-Wheat Pasta



Ingredient List:

1 cup uncooked wheat berries
2 cups boiling water
½ cup dried porcini or shiitake mushrooms (about ¾ ounce)
½ cup finely chopped fresh parsley
3 garlic cloves, minced
1 ½ teaspoons olive oil
1 cup diced onion
4 carrots, sliced
6 cups reduced sodium chicken broth
½ cup white wine (or unsweetened apple juice can be substituted for wine)
1 tablespoon tomato paste
1 ½ cups cooked whole-wheat pasta such as penne
5 ounces fresh spinach
½ teaspoon salt
¼ teaspoon black pepper
6 tablespoons (1 ½ ounces) grated fresh Parmesan cheese

Directions:

Place wheat berries in a medium saucepan; cover with water to 2 inches above wheat berries. Bring to a boil; reduce heat, and cook, uncovered, 1 hour or until tender. Drain.

Combine 2 cups boiling water and mushrooms in a bowl; cover and let stand 30 minutes. Drain mushrooms, reserve soaking liquid. Discard mushroom stems; thinly slice mushroom caps.

Combine parsley and garlic; divide into 2 equal portions.

Heat olive oil in a large Dutch oven over medium-high heat. Add cooked wheat berries, mushrooms, ½ of parsley mixture, onion and carrots; sauté 5 minutes. Stir in reserved mushroom liquid, broth, wine and tomato paste; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Add pasta, spinach, salt and pepper. Cook for 1 minute or until thoroughly heated. Stir in reserved parsley mixture. Spoon soup into bowls and top with cheese.

Servings: 8

Time Saver Tip: Cook extra wheat berries as directed in the recipe or they can be prepared following the brown rice directions in a rice cooker. Freeze for later use.

Calories/Serving: 231

Nutrition: One serving provides approximately: 13 g Protein, 35 g Carbohydrates, 7 g Fiber, 3.5 g Fat (1 g saturated), 4 mg Cholesterol, 50 mcg Folate, 4 mg Iron, 692 mg Sodium

COVER RECIPE



Pasta with Tomato, Kalamata Olives and Arugula

Ingredient List:

2 ¼ cups chopped plum tomatoes
¼ cup chopped pitted Kalamata olives
1 ½ tablespoons olive oil
¼ teaspoon salt
¼ teaspoon ground black pepper
2 garlic cloves, minced

6 cups hot cooked whole-wheat fusilli or penne pasta
3 cups baby arugula
2 ounces shaved fresh pecorino Romano cheese

Directions:

Combine first 6 ingredients in a large bowl. Add hot pasta and arugula. Toss gently. Divide pasta mixture among 4 bowls, and sprinkle with cheese.

Servings: 4

***Time Saver Tip:** Cook the whole box of pasta according to package directions. Freeze the leftovers in a freezer bag, reheat for later use.

Calories/Serving: 386

Nutrition: One serving provides approximately: 14 g Protein, 45 g Carbohydrates, 6 g Fiber, 16 g Fat (3.5 g saturated), 15 mg Cholesterol, 25 mcg Folate, 2 mg Iron, 587 mg Sodium

Chicken, Kale, and Black Bean Quesadillas

Ingredient List:

1 poblano pepper
2 cups chopped or shredded cooked chicken (cooked leftovers or rotisserie chicken are options)
2 tablespoons water
¼ teaspoon salt
1 cup rinsed and drained no-salt added canned black beans



Directions:

Place poblano pepper on foil under broiler until skin blisters and darkens, about 5 minutes. Seal in foil until cool enough to handle -- about 5 minutes, remove skin, seeds and stem; dice.

Heat water in small skillet. Add kale and salt, stir until kale is wilted, remove from heat. Place ½ cup beans in a bowl; mash. Add remaining ½ cup beans, diced poblanos and kale; mix.

Divide bean mixture among tortillas, top with chicken and cheese. Fold each tortilla in half over filling and lightly coat with cooking spray (on both sides).

Heat skillet to medium heat. Add 2 quesadillas; cook until lightly browned on each side (about 2 minutes per side). Repeat with remaining quesadillas. Cut each quesadilla into 3 pieces.

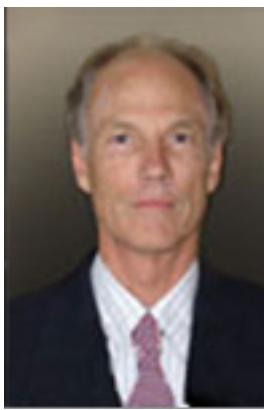
Servings: 6 (2 pieces per serving)

Calories/Serving: 307

Nutrition: One serving provides approximately: 24 g Protein, 23 g Carbohydrates, 5 g Fiber, 14 g Fat (6 g saturated), 62 mg Cholesterol, 33 mcg Folate, 1.5 mg Iron, 499 mg Sodium

Grain Chain Supports Grain Recommendations In Dietary Report

The Grain Chain coalition, of which the Wheat Foods Council is a member, expressed its support for the Dietary Guidelines Advisory Committee's (DGAC) report recognition of the importance of whole grains in the diet in an oral statement delivered March 24, 2015.



Representing the Grain Chain at the public meeting with officials from the U.S. Department of Health & Human Services and U.S. Department of Agriculture was Dr. Glenn Gaesser, PhD, professor at Arizona State University and director of the Healthy Lifestyles Research Center. Dr. Gaesser also serves on the WFC Advisory Board.

In the statement, Dr. Gaesser expressed strong agreement with the DGAC's continued call for half of all grain intake to come from whole grains. "This recommendation would allow Americans to reap the multiple, established health benefits of whole grains, leaving the other half of daily grain intake for enriched grain products, which have their own unique benefits," he said.

He pointed out that, as a category, grain foods contribute vital, and often under-consumed, nutrients to the American diet, including 44% of all fiber. In fact, he noted that a number of scientific



reports have demonstrated the distinctive benefits of cereal fiber compared to fiber from fruits and vegetables.

Referring to the terminology used in the DGAC report, Dr. Gaesser observed that staple grain products like white bread, pasta and tortillas, are placed in the same category as more indulgent refined options such as cake. Dr. Gaesser stressed that "enriched" is a more appropriate term to describe the grain products the average American sees in the grocery aisle.

"These staple foods contain some fiber and are enriched with important nutrients, like thiamin, niacin, riboflavin and iron. They are fortified with folic acid, which is essential for women of childbearing age to help prevent neural tube birth defects."

The rate of neural tube defects in the US has decreased by approximately one-third since the fortification of enriched grains began in 1998," he stated.

Dr. Gaesser further pointed out that the Committee's conclusions that higher consumption of "refined" grains is linked to higher risk of diabetes, cardiovascular disease and obesity are not consis-

tent with a large body of scientific evidence and again, reflect the disconnect in how staple grain products are classified.

To support this statement, Dr. Gaesser referred to many studies not cited by the Committee which show:

- No association between refined/enriched grain intake and diabetes risk or incident cardiovascular events;
- Little, if any, relationship between body mass index and refined/enriched grain intake; and
- Comparable effects of whole and enriched grains in facilitating weight loss.

Other members of the Grain Chain include the American Bakers Association, American Institute of Baking, Grain Foods Foundation, Grains for Health Foundation, Independent Bakers Association, National Association of Wheat Growers, National Pasta Association, North American Millers' Association, Retail Bakers of America, and USA Rice Federation. The coalition will also be filing formal written comments on the DGAC report with HHS and USDA later this spring.



Mesolithic Wheat Eaters

Scientists have found evidence of wheat in Britain some 8000 years ago – about two thousand years before inhabitants actually grew their own wheat. The research, published in Science magazine, points to a sophisticated trading relationship between Mesolithic (the culture between Paleolithic and Neolithic) peoples previously considered relatively isolated and other, more advanced farming cultures across Europe.

The research is based on discovering the DNA of einkorn wheat, one of the first plants to be domesticated and cultivated, in sediment off the Isle of Wight that was once a peat bog next to a river. Scientists speculate that the wheat was brought there by traders, possibly using land bridges that connected the South East coast of Britain with the European mainland. The wheat may have been ground into flour to supplement the diet of the hunter-gatherers populating Britain at that time.

Co-researcher Professor Vincent Gaffney, of the University of Bradford, stressed the importance of the find in further illuminating a lesser-known period in British and European history. "It now seems likely that the hunter-gather societies of Britain, far from being isolated were part of extensive social networks that traded or exchanged exotic foodstuffs across much of Europe," he said.

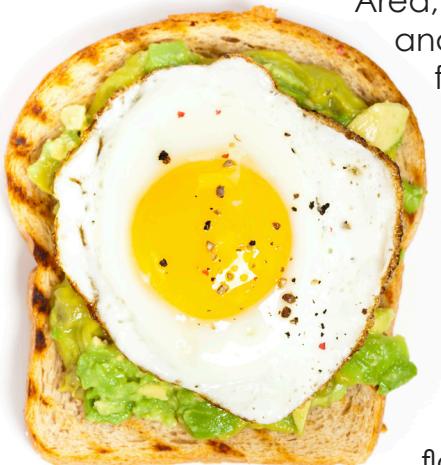




WHAT'S TRENDING THIS YEAR: Toast and Toast Flavors! (And other hot trends for grain foods)

Every year the food and beverage industry takes the culinary pulse of consumers to find out what they are choosing to eat and drink, and why. The information forms the basis of the "Top Trends" lists announcing which products are "in" and which are "out" across a wide range of categories, including grain foods.

Toast, an interesting favorite this year, was listed as one of the top ten major influencers driving menu trends on The Flavor & The Menu magazine's annual Top 10 Trends for 2015.



However, this is not the traditional slice of whole wheat toast for breakfast, nor a crostini or open-faced sandwich. Toast – varieties of artisanal bread topped with a multitude of ingredients and spreads – is being featured

as an individual menu item providing an alternative choice for different meal occasions on menus across the nation.

Evolving beyond the "hipster" cafes where it debuted last year in San Francisco's Bay Area, today's toast offers the simplicity and comfort of our beloved old favorite, in the form of thick slices of freshly-baked breads, perfectly crisped, and topped with a small concoction of ingredients, from savory bacon, cheddar and avocado to fresh fruit paired with honey or cinnamon butters – the sky is the limit.

"Toast" is also showing up as a flavor this year, reminiscent of what we make for breakfast, buttered to serve with eggs or sprinkled with cinnamon and sugar. The flavor was showcased during the January Winter Fancy Food Show in San Francisco, where buyers from supermarkets, delis and specialty markets sample new key food trends.



Some of the toast-flavored offerings included The Republic of Tea's "Cinnamon Toast HiCaf Tea" and B.T. McElrath Chocolatier's "Buttered Toast Chocolate Bar" with toasted bread-crumbs and the company's blend of cacao milk chocolate. San Diego-based Chuao Chocolatier offered their "Salted Chocolate Crunch," combining toasted crumbs with sea salt and dark chocolate.

Burnt toast is even being used as a spice! According to Saveur magazine's 2015 Top 100 list of the most unusual trends, Chefs Nick Balla and Cortney Burns of San Francisco's Bar Tartine, are using burnt bread as a spice. To prepare, grill slices of crusty, country-style bread until it is black and grind into powder. The powder – think charcoal dust – has a nutty, smoky flavor that complements mixes, sauces, chicken and roasted vegetables, or even ice cream.

Other Trends for Grain Foods

Each year, the National Restaurant Association surveys chefs from the American Culinary Federation about food, cuisine, and theme trends.



Breakfast or brunch trends for 2015 include egg white sandwiches and breakfast burritos. Italian food and French toast were rated perennial favorites, while Americans continue their love affair with doughnuts, which climbed in popularity by 12 percent. Whole grain foods in kids meals ranked 14th on the Top 20 Food Trends for 2015 list, and for desserts, bite-size minis, savory desserts, and hybrid innovations, like croissant-doughnuts (cronuts) or townies (tartlet brownies), were the high on the list.



Last year, Parade Magazine partnered with the NPD Group, a market research company, to examine the eating habits and attitudes of 1,000 American men and women from every region of the country, then compared the answers with historical data from NPD. The resulting article, "What America Eats," reported some interesting trends for grain foods. For instance, people are sourcing more sandwiches from the grocery store freezer case, and 47 percent of breakfast meals ordered are sandwiches or wraps. Of the foods parents pack for kids' lunches, sandwiches remain king at 66 percent. Pizza topped the list as the number one fast food item ordered for dinner. The survey also found that healthier snacks like protein bars are gaining in popularity, up 14 percent, and savory snacks are more popular than sweet.

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