

# NUTRITION News

OCTOBER 2014

## WHOLE GRAINS

AMARANTH, BARLEY, BUCKWHEAT, BULGUR, FARRO MILLET, QUINOA, SPELT, WHEAT BERRIES AND WILD RICE. THESE AREN'T YOUR TYPICAL GRAINS YOU ARE USED TO SEEING IN THE GROCERY STORE OR RESTAURANTS. MANY PEOPLE WOULDN'T RECOGNIZE THESE GRAINS IF THEY RAN INTO THEM. BUT EVEN IF YOU HAVE TO WORK A LITTLE HARDER TO FIND THEM, TRYING DIFFERENT WHOLE GRAINS IS WORTH THE EFFORT FROM A HEALTH PERSPECTIVE.

WHOLE GRAINS CONTAIN THE ENTIRE GRAIN (BRAN, GERM AND ENDOSPERM) SO THEY TAKE LONGER TO DIGEST THAN REFINED GRAINS. THEY ALSO CONTAIN NATURAL FIBER, IRON AND MANY VITAMINS. WHOLE GRAINS KEEP YOU FULLER LONGER, HELP KEEP YOUR BLOOD SUGAR FROM SPIKING AND HELP KEEP YOU REGULAR.

REFINED GRAINS HAVE BEEN PROCESSED TO REMOVE THE BRAN AND THE GERM. THE PROCESSING GIVES THE GRAIN A FINER TEXTURE; HOWEVER IT ALSO REMOVES THE IMPORTANT NUTRIENTS. FOR THIS REASON, REFINED GRAINS ARE ENRICHED WITH VITAMINS AND MINERALS.

WHEN YOU ARE SELECTING A GRAIN PRODUCT, LOOK AT THE INGREDIENT LIST FOR WHOLE GRAINS. SOME PRODUCTS ARE A BLEND OF WHOLE GRAINS AND REFINED GRAINS. IF YOU ARE USED TO EATING MOSTLY REFINED GRAINS, START OUT BY MIXING WHOLE GRAINS AND REFINED GRAINS TO GET USED TO THE WHOLE GRAIN TEXTURE. TRY ADDING WHOLE WHEAT PASTA WITH REGULAR PASTA OR ADD BROWN RICE TO WHITE RICE. YOU CAN PURCHASE DIFFERENT GRAINS IN SMALL AMOUNTS IN THE BULK SECTION OF THE GROCERY STORE. SOME WHOLE GRAINS REQUIRE LONGER COOKING TIMES, HOWEVER NOT ALL WHOLE GRAINS HAVE COARSE TEXTURES OR STRONG FLAVORS. FOR EXAMPLE, QUINOA IS A WHOLE GRAIN THAT IS HIGH IN PROTEIN, HAS A VERY MILD FLAVOR AND TAKES ONLY 15-20 MINUTES TO COOK. IT CAN BE USED IN PLACE OF RICE AT A MEAL.

OTHER EXAMPLES OF WHOLE GRAINS ARE:

- BROWN RICE
- BUCKWHEAT
- BULGUR (CRACKED WHEAT)
- MILLET
- OATMEAL
- POPCORN
- ROLLED OATS
- SORGHUM
- TRITICALE
- WHOLE GRAIN BARLEY
- WHOLE RYE
- WHOLE WHEAT BREAD
- WHOLE WHEAT PASTA
- WHOLE WHEAT SANDWICH BUNS, ROLLS AND WHOLE WHEAT TORTILLAS

[HTTP://WWW.CHOOSEMYPLATE.GOV/FOOD-GROUPS/GRAINS.HTML](http://www.choosemyplate.gov/food-groups/grains.html)

## HEROES CORNER



JOIN US FOR  
**Make Your Plate**  
ON OCTOBER 1, 2, 6, 9,  
14, 15, 20, 24, 27 AND 30  
FROM 11:30AM - 1PM IN THE DC

FOLLOW US ON FACEBOOK TO LEARN ABOUT OTHER UPCOMING EVENTS:  
[FACEBOOK.COM/UCMHEROES](https://www.facebook.com/UCMHeroes)

## HARVEST OF THE MONTH - PEARS!

- PEARS CONTAIN FIBER AND VITAMIN C.
- THE EDIBLE SKIN OF PEARS OFFERS ADDITIONAL FIBER.
- PEARS RIPEN BETTER OFF THE TREE AND FROM THE INSIDE OUT.
- BARTLETT PEARS ARE RIPE WHEN THEY TURN GOLDEN YELLOW, WHILE OTHER VARIETIES ARE RIPE WHEN THEY FEEL SLIGHTLY FIRM NEAR THE STEM.
- KEEP PEARS AT ROOM TEMPERATURE UNTIL RIPE.
- RIPE PEARS CAN BE REFRIGERATED FOR UP TO ONE WEEK.
- PEARS ARE A NATURAL, QUICK SOURCE OF ENERGY.
- CALIFORNIA PRODUCES 60% OF THE NATION'S BARTLETT PEAR CROP.
- OTHER CALIFORNIA VARIETIES INCLUDE BOSC, SECKEL, COMICE AND RED ANJOU.

[HTTP://WWW.HARVESTOFTHEMONTH.CDPN.CA.GOV/](http://www.harvestofthemonth.cdpn.ca.gov/)

THE OCTOBER FOOD PANTRY DISTRIBUTION IS SCHEDULED FOR  
OCTOBER 17TH - SIGN-UP BY THE 10TH!

QUESTIONS ABOUT NUTRITION? MAKE AN APPOINTMENT TO SEE THE DIETITIAN!

CALL THE STUDENT HEALTH CENTER TO  
SCHEDULE AN APPOINTMENT: (209) 228-2273



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