

## Grain Foods!

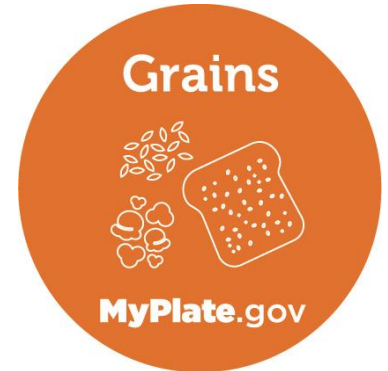
Any food made from wheat, rice, oat, cornmeal, barley, or any other cereal product is a grain food. Grains provide many nutrients which are **essential for our health and wellness**.

### Whole Grains:

- Contain the entire grain kernel: the bran, germ, and endosperm.
- May lower risk of heart disease and other chronic disease.
- Contain fiber which supports healthy digestion and weight management.
- Contain folate which can help prevent neural tube defects for healthy pregnancies.

### Refined Grains:

- Have been milled, a process which removes the bran and germ of the grain.
- Milling makes the grain smoother and helps it to last longer, but removes much of the fiber, iron, and B-vitamins found in grain.
- Most refined grains are enriched, adding back the B-vitamins and iron, but not the fiber.



## How Many Servings of Grain Do I Need Every Day?

(These are appropriate for those who get < 30 minutes of moderate physical activity daily).

Age	2-3	4-8	9-13	14-18	19-30	31-50	51+
Minimum Daily Recommended Grain (*Oz Eq)	3 Oz Eq	5 Oz Eq	Girls: 5 Oz Eq Boys: 6 Oz Eq	Girls: 6 Oz Eq Boys: 8 Oz Eq	Women: 6 Oz Eq Men: 8 Oz Eq	Women: 6 Oz Eq Men: 7 Oz Eq	Women: 5 Oz Eq Men: 6 Oz Eq
Minimum Daily Recommended Whole Grain (*Oz Eq)	1 ½ Oz Eq	2 ½ Oz Eq	Girls: 3 Oz Eq Boys: 3 Oz Eq	Girls: 3 Oz Eq Boys: 4 Oz Eq	Women: 3 Oz Eq Men: 4 Oz Eq	Women: 3 Oz Eq Men: 3.5 Oz Eq	Women: 3 Oz Eq Men: 3 Oz Eq

\*One-ounce equivalent= about 1 slice of bread, 1 cup of cereal, or 1/2 cup cooked pasta or rice.

### Tips!

1. Search the label- look for the word “whole” at the beginning of the ingredients list.
2. Encourage kids to choose whole grain products over refined grains.
3. Keep in mind that > 3 grams of fiber per serving is considered a “good source” of fiber.
4. Try to make **HALF** of the grain products you eat whole grains.

# Whole Wheat Blueberry Muffins

Preparation: 15 minutes   Cook Time: 20 minutes   Servings: 12 Muffins



## Ingredients

- 1 ½ Cups **Whole-Wheat Flour**
- ½ Cup Sugar
- ½ teaspoon Salt
- 2 teaspoons Baking Powder
- 1 Egg (slightly beaten)
- 1/3 Cup Vegetable Oil
- 1/3 Cup Non-fat or 1% Milk
- ½ Cup Unsweetened Applesauce
- 2 Cups Blueberries (Fresh or Frozen)

## Directions

1. Preheat the oven to 400° and lightly coat muffin pan or tin with oil or baking spray.
2. Mix the flour, sugar, salt, and baking powder in a large bowl.
3. In a separate bowl, blend the vegetable oil, eggs, milk, and applesauce until smooth.
4. Stir the liquid ingredients into the flour mixture until it is slightly moistened, then lightly stir in the blueberries.
5. Fill each muffin cup about ¾ full.
6. Bake for about 20 minutes, or until the muffin tops are golden brown.

**TIP! Insert a toothpick into the center of the muffin top; if it comes out moist but without batter... the muffins are done!**

Recipe can be found at: <https://foodhero.org/recipes/whole-wheat-blueberry-muffins>



**Good news about everything that's good to eat!**

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