



March 2022

Nutrition News

National Nutrition Month



Why Eat Whole Grains?

- Whole grains have important nutrients such as thiamin (Vitamin B1), riboflavin (Vitamin B2), niacin (Vitamin B3), folate (Vitamin B9), iron, magnesium and selenium.
 - These nutrients are important for new cell formation, regulating thyroid, and maintaining a healthy immune system.
- Whole grains are full of fiber, which is important for digestive health and can help lower cholesterol.
- Lowering cholesterol reduces risk of heart disease, stroke, obesity and even type 2 diabetes.
- Whole Grains help you feel full longer and may help with weight loss.

What are the recommendations?

- Half of daily servings of grain should be whole grains.
- Men age 50+ need 4 servings of whole grain per day.
- Women 50+ need 3 servings of whole grain per day.

Tips

- “Whole” or “Whole grain” should be one of the first ingredients to indicate that it is in fact a whole grain.
- If the word “Enriched” is in the ingredient label, then the product is not a whole grain.

Serving Examples

- 1 slice whole grain bread (100% whole-wheat bread).
- 1/2 cup cooked oatmeal, brown rice or whole wheat pasta.
- 3 cups unsalted, air-popped popcorn.

This institution is an equal opportunity provider

Peas and Pasta

- Yield: 4 servings



Ingredients

- 3 cups uncooked whole wheat pasta
- 2 cups peas
- 2 tablespoons oil
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste

Directions

1. In a large pot, bring 12 cups of water to a boil.
2. Add pasta and cook for 8 minutes.
3. Add peas to pot and cook for 2 more minutes.
4. Drain peas and pasta and place in large bowl.
5. Toss cooked pasta and peas with oil.
6. Sprinkle with cheese and serve hot.
7. Refrigerate leftovers.

This recipe can be found at <https://jsyfruitveggies.org/peas-and-pasta/>