



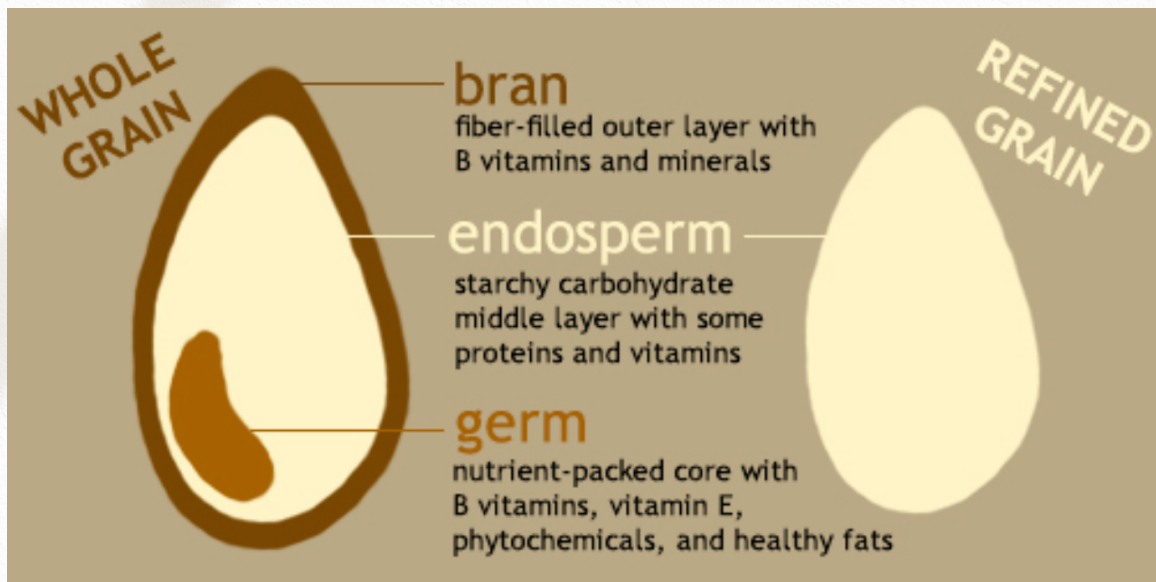
Nutrition News



NUTRITION AND EDUCATION PROGRAMS

March 2023

WHAT IS A WHOLE GRAIN?



Whole grain benefits

- Bran and fiber slow the breakdown of starch into glucose - thus maintaining a steady blood sugar rather than causing sharp spikes.
- Fiber helps prevent the formation of small blood clots that can trigger heart attacks or strokes.
- Fiber helps lower cholesterol as well as move waste through the digestive tract.
- Minerals such as magnesium, selenium, and copper found in whole grains may protect against some cancers, heart disease, and diabetes.

Whole grain foods

- Barley
- Quinoa
- Oats
- Brown rice
- Whole grain pasta
- Whole wheat bread and cereals

Tips when shopping

- Swap out refined grains and white breads and pasta for whole grain varieties.
- Look for 8 grams of whole grains or more per serving.
- Make sure "whole grain", is the first ingredient on nutrition labels.

Banana Overnight Oats

INGREDIENTS

- 1/4 cup soymilk or your choice of milk
- 1/2 cup Greek yogurt
- 1 banana sliced
- 1 tbsp honey
- 1/2 cup rolled oats
- 1 tsp chia seeds



Instructions

1. In a bowl, combine the banana, oats, milk, yogurt, chia seeds, honey, and cinnamon. Stir well to mix.
2. Cover and refrigerate overnight.
3. In the morning, divide into 2-4 servings.
4. Serve topped with sliced bananas, nut butter, or granola