

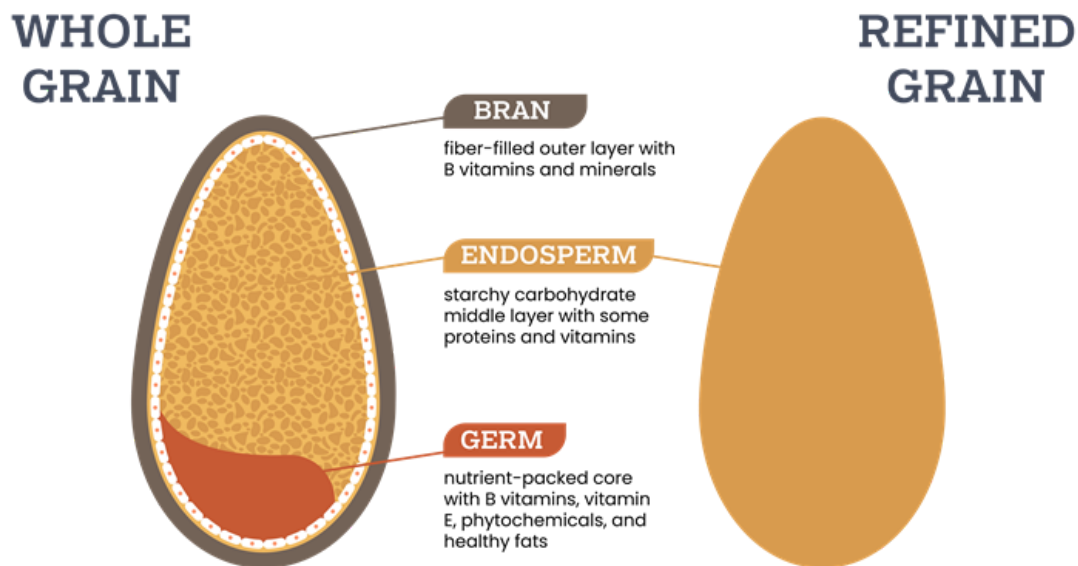


NUTRITION NEWS

MARCH 2024

WHOLE GRAINS

A whole grain is a grain of any cereal and that contains the endosperm, germ, and bran. For example, barley, bulgur, farro, millet, quinoa, brown rice, oats, etc. are considered whole grains. The bran from any kind of whole grain is a good source of fiber.



DIETARY FIBER & HEALTH BENEFITS

Dietary fiber is found primarily in fruits, vegetables, whole grains, and legumes.

The whole grains have a higher dietary fiber content which may help:

- Normalize bowel movements
- Maintain bowel health
- Lower “bad” cholesterol levels
- Control blood sugar levels

A high dietary fiber diet lowers the risk of:

- Stroke
- Type 2 diabetes
- Heart and blood vessel diseases
- Cancer of the large intestine and rectum

RECIPE IDEA WITH WHOLE GRAINS

APPLE CRANBERRY CRISP

Prep: 25 minutes Bake: 30 minutes Total: 55 minutes Servings:6



Ingredients

- 5 cups thinly-sliced peeled apples
- 1 cup cranberries
- 2 Tbsp granulated sugar
- 1/2 cup quick-cooking rolled oats
- 1/3 cup brown sugar
- 3 Tbsp all-purpose flour
- 1/2 tsp ground cinnamon
- 2 Tbsp margarine or butter
- 1/2 cup vanilla or lemon nonfat yogurt

Directions

1. In a large mixing bowl combine apples, cranberries, and granulated sugar. Transfer to a 2-quart square baking dish or a 9-inch pie plate.
2. In a small bowl combine oats, brown sugar, flour, and cinnamon. Cut in margarine (butter) until crumbly. Sprinkle oat mixture evenly over apple mixture.
3. Bake in a 375 degree F oven for 30 to 35 minutes or until apples are tender. Serve warm with a dollop of vanilla or lemon yogurt.