Nutrition News

National Nutrition Month
March 2026

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 a good source 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 help manage a healthy weight.

What are the recommendations?

Half of daily servings of grain should be whole grains.
Men age 50+: 3- 4 servings per day
Women 50+: 2-3 servings per day

How do you know if it is a whole grain?

"Whole" or "Whole grain" should be listed first or second on the ingredient list.
The word "Enriched" means it is not a whole grain food.

Serving Examples

1 slice whole grain bread (100% whole-wheat bread).

3 cups unsalted, air-popped popcorn.

1/2 cup cooked oatmeal, brown rice or whole wheat pasta.

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Chili Mac and Cheese

Prep Time: 5 minutes Cook Time: 10 minutes Servings: 6

Recipe an be found at:https://www.easyanddelish.com/black-bean-pasta-recipe/#recipe

Ingredients

- 1 lb. ground beef
- 1 2.5 oz chili seasoning mix
- 4 cups water
- 1 16 oz elbow pasta
- 1 16 oz can black beans, drained
- 2 cups shredded cheddar cheese

Instructions

1. In a large nonstick saucepan, cook ground beef over medium-high heat, stirring every now and then, until no longer pink or about 5-6 minutes.
2. Stir in the chili seasoning mix and let cook for about 1 minute.
3. Add water, pasta, and drained black beans.
4. Bring to a boil then reduce heat to medium-low, cover with a lid, and allow pasta to cook for 8-10 minutes or just until al dente.
5. Stir in shredded cheese.
6. If you'd like to, stir in diced tomatoes.
7. Serve while hot.