



Habit #4

Make half your grains whole

We usually eat enough foods from the grains group like bread, cereal, rice, and pasta. My family needs to eat 6 ounces of grains each day. Three of those ounces should be whole-grain. My trusty measuring cups help me serve the right amount.

For one day, we might eat:



- One cup of cereal (whole-wheat flakes) (counts as 1 ounce of whole grains).



- Two slices of whole-wheat bread for our lunch sandwich (counts as 2 ounces of whole grains).



- One cup of cooked rice at our evening meal (counts as 2 ounces of grains).



- One small piece of corn bread at our evening meal (counts as 1 ounce of grains).

Tips on buying grains:

- At least half (3 ounces for my family) should be whole grains. This was new to me. I thought if the bread was brown, it was whole-grain. That is not always true. I learned to look on the label for the words 100% whole grain, or 100% whole wheat. If you see any of these words listed first on the label, it contains whole grain.
- You can save money by shopping for grains at day-old bread stores. Ask your nutrition educator if there is one in your area that accepts food stamps.



Tips on serving grains:

- Some whole grains that my family likes are whole-wheat breads and cereals, oatmeal, popcorn, brown rice, and whole-wheat or whole-grain corn tortillas.
- I put grains in many of the recipes I fix. Here are some fun, delicious recipes that make using whole grains really easy.

Fantastic French Toast

Serving Size: 1/6 of recipe | Makes: 6 servings

Ingredients:

- 2 eggs
- 1/2 cup fat-free milk
- 1/2 teaspoon vanilla extract
- 6 slices whole-wheat bread
- Light syrup or fruit toppings (optional)

Instructions:

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture, and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.



Breakfast Menu

Fantastic French Toast
Light syrup
Applesauce
Low-fat or fat-free milk



Spinach and Meat Cakes

Serving Size: 2 meat cakes | Makes: 6 servings

Ingredients:

- 1 pound ground beef or turkey, 7% fat (or 93% lean)
- 2 spinach bunches, washed and cut into pieces (may substitute a 1-pound bag of frozen chopped spinach, thawed and well drained)
- 1/2 finely chopped onion
- 2 minced garlic cloves
- 1/2 teaspoon salt
- black pepper to taste
- 3 cups cooked brown rice

Instructions:

1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over cooked brown rice.

Lunch or Dinner Menu

Spinach and
Meat Cakes

Brown rice

Green salad with
low fat dressing

Strawberries or
red grapes

Low-fat or fat-free milk

Banana Split Oatmeal

Serving Size: whole recipe | Makes: 1 serving

Ingredients:

- 1/3 cup quick-cooking dry oatmeal
- 1/8 teaspoon salt
- 3/4 cup very hot water
- 1/2 sliced banana
- 1/2 cup fat-free frozen yogurt

Instructions:

1. In a microwave-safe cereal bowl, mix together the oatmeal and salt. Stir in the water.
2. Microwave on high for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

TIP: The banana split oatmeal can also be a snack by itself.

Breakfast Menu

Banana Split Oatmeal

1/2 Whole-wheat English muffin

Low-fat or fat-free milk