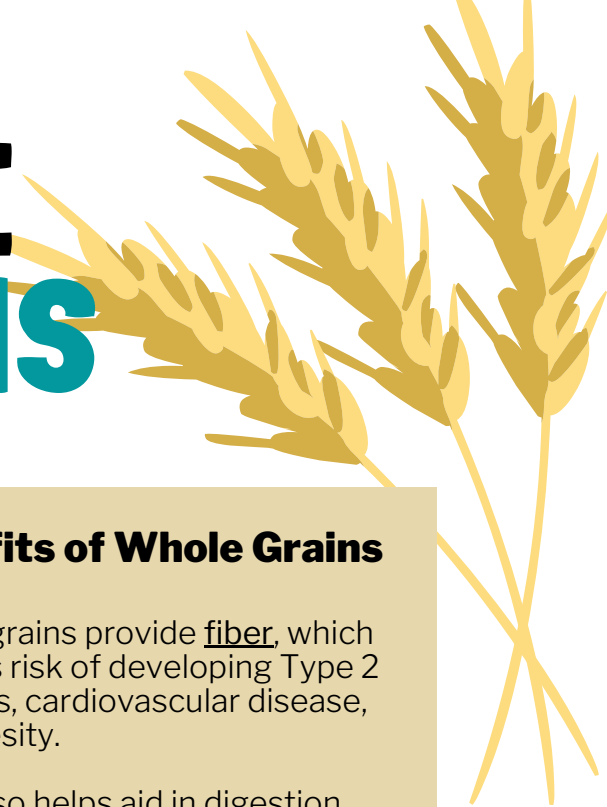


EATING MORE WHOLE GRAINS



Why Choose Whole Grains?

Whole grain products contain the entire grain kernel, where refined grains have some layers removed.

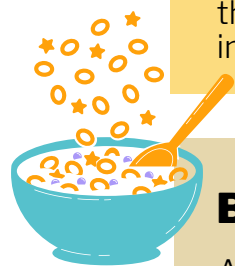
Whole grains contain more B vitamins, protein, and fiber than refined grains. It is recommended that at least half of your grain intake is from whole grains.

Benefits of Whole Grains

Whole grains provide fiber, which reduces risk of developing Type 2 diabetes, cardiovascular disease, and obesity.

Fiber also helps aid in digestion and reduce constipation.

Whole grains have demonstrated to benefit inflammatory diseases.



Breakfast Whole Grains

All types of oatmeal are whole grain, despite minor differences in nutrition.

Choose a whole-grain breakfast cereal during your next trip to the store.

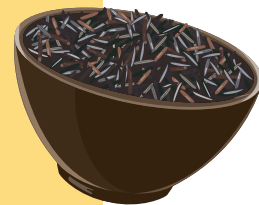
Whole-wheat and rye toast can replace refined white bread.

Whole Grains for Lunch & Dinner

Brown rice or quinoa can replace white rice in a variety of meals.

Corn tortillas are whole grains traditionally used in Mexican cuisine.

Barley and corn can easily be added to soups or stews.



Whole Grain Snacks

Popcorn makes a great whole grain snack for the entire family.

Use whole-grain flour or oatmeal when making cookies or other baked goods.

Try whole-grain crackers or cereals for on-the-go snacks.



Whole Grain CHALLENGE

This week, substitute or add a new whole grain to one of your meals.

Need some inspiration? Try the Creamy Italian Quinoa Soup recipe on the back side or visit www.gleanersnutritionhub.org for more ideas!



Information gathered from:

<https://www.choosemyplate.gov/eathealthy/grains>

<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/how-to-add-whole-grains-to-your-diet>

<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/whole-grains/>

CREAMY ITALIAN QUINOA SOUP

Makes 6 servings. Serving size: about 2 cups

Ingredients

- 2 tablespoons olive oil
- 1/2 medium onion, diced
- 3 medium carrots, peeled and diced
- 2 stalks celery, diced
- 4 cloves garlic, minced
- 4 cups broth (chicken, vegetable, etc.)
- 1 can (15 ounces) chickpeas, drained and rinsed
- 1 1/4 cup quinoa, rinsed well in a fine mesh colander
- 1 can (14.5 ounces) diced tomatoes, undrained
- 1 can (8 ounces) tomato sauce
- 1 tablespoon Italian seasoning
- 2 cups fresh spinach, coarsely chopped
- 1 1/2 cups half and half or heavy cream
- Salt and pepper to taste
- Parmesan cheese for topping



Recipe and photo from platingsandpairings.com

Directions

1. Heat oil in a large pot over medium-high heat. Add onion, carrots, celery and garlic and season with salt and pepper. Sauté, stirring occasionally, for 5-7 minutes or until the vegetables are soft.
2. Add broth, chickpeas, quinoa, tomatoes, tomato sauce, and Italian seasoning and stir to combine. Season with salt and pepper. Bring to a boil, reduce heat and simmer, partially covered, for 20-25 minutes.
3. When ready to serve, stir in spinach and cream. Taste and adjust seasonings as necessary.
4. Divide into bowls and top with grated Parmesan.

Notes: This soup is not only delicious, but it's also packed with protein, fiber, and essential vitamins and antioxidants! Serve with crusty whole grain bread and your favorite vegetable side. Store leftovers in the refrigerator for up to 3 days, or freeze for up to 1 month.

Nutrition per serving: 387 cal, 46 g carbohydrates, 9 g fiber, 18 g protein, 15 g total fat, 5 g saturated fat, 664 mg sodium

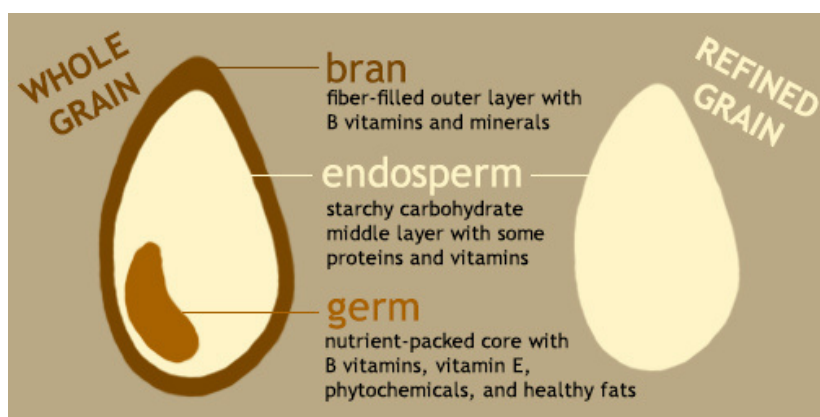


Image from www.hsph.harvard.edu/nutritionsource