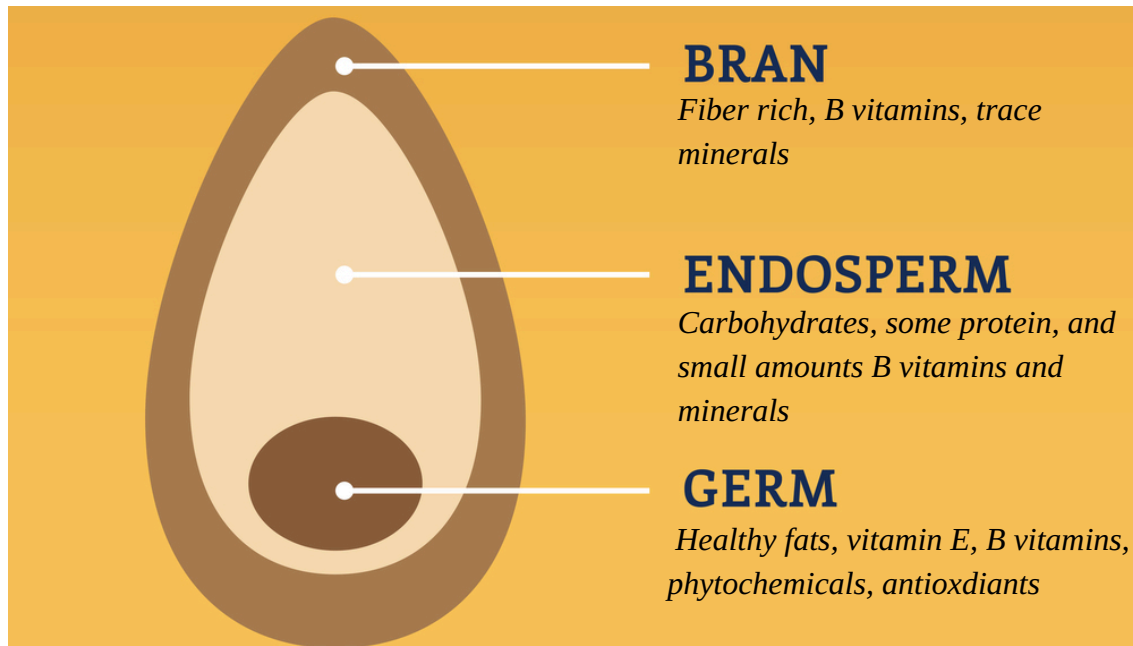


NUTRITION NEWS

Whole Grains



What does whole grain mean?

A whole grain is a grain or cereal that contains all three parts of the grain kernel: bran, endosperm, and germ.

Examples of whole grains

- Whole wheat grain flour, bread, pasta, cereal, crackers
- Barley
- Bulgar (cracked wheat)
- Farro
- Quinoa
- Brown, black, wild rice
- Oatmeal
- Popcorn

Benefits of whole grains

As whole grains contain the entire kernel, these products provide vitamins, minerals, and fiber. A diet high in fiber can help:

- Lower LDL (bad) cholesterol
- Raise HDL (good) cholesterol
- Regulate blood sugar

This can help lower the risk of heart disease and type 2 diabetes.

Recommendations

Make half of the grains you eat whole grains.

Oatmeal Raisin Muffins



Recipe from myplate.gov

Servings: 12

Ingredients

- 1 egg
- 1 cup milk, fat-free
- 1/3 cup oil
- 1 1/4 cups flour
- 1 cup oatmeal
- 1/3 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 cup raisins
- 1 teaspoon margarine (to grease the muffin cups)

Directions

- Preheat the oven to 400 °F.
- Put the egg, milk, and oil in a small mixing bowl. Mix together
- In a large mixing bowl, mix the flour, oatmeal, sugar, baking powder, salt, and raisins.
- Pour the egg-milk-oil mix into the large bowl with the dry ingredients.
- Stir until the dry ingredients are barely moistened. Do not over-mix (the batter should be lumpy).
- Grease each cup in the muffin pans with some margarine.
- Spoon the batter into the cups in each muffin pan until each cup is half-full with batter.
- Bake for 20 to 25 minutes or until the muffins are golden brown.