

Wholesome Whole Grains (Recipe!) **by the American Institute for Cancer Research**

Most Americans eat between 7 and 11 servings of grain each day. Unfortunately, most of those servings are refined grains – white bread, pasta and rice – which offer less nutrition than whole grains. Whole grains retain the nutritious bran and germ and offer B vitamins, vitamin E, selenium, zinc, copper and magnesium. The soluble fiber in oats and barley may help lower blood cholesterol, while the insoluble fiber in all these grains helps keep the digestive tract healthy.

Whole grains are also a rich source of phytochemicals – health-protective substances that occur naturally in plant foods. In fact, the level of phytochemicals (especially the important phenolic acids) in refined wheat may be less than 5 percent of that found in whole grain wheat.

Go With the (Whole) Grain

- When baking, replace one-third to one-half of all purpose flour with either whole wheat flour, whole wheat pastry flour, cornmeal, millet flour, oat flour or spelt flour. Or replace one-quarter of the flour with oat or rice bran. Wheat germ can replace up to ½ cup of flour in baked goods.
- Purchase whole grain crackers, pretzels, tortillas, bagels, waffles, pita bread and pizza crusts. Choose products that list “whole grain” or “whole wheat” first on the ingredient list and that provide at least 3 grams of dietary fiber per serving.
- Experiment with spelt or other whole grain pastas.
- In pilafs and stuffings, use barley, kasha or brown rice.
- Try whole grain hot cereals made with oatmeal or whole wheat.
- Use buckwheat flour to make great-tasting crepes and pancakes.
- Crush whole grain dry cereals as a coating for fish and poultry.
- Have a few handfuls of air-popped popcorn as a low-fat snack.
- Select recipes that call for unfamiliar grains like barley, bulgar, roasted buckwheat (also called kasha), quinoa, millet and wheatberries.

Healthy Whole Grain “Power Treats”

Canola oil spray

3 cups (half 10-ounce bag) miniature marshmallows

1 ½ Tbsp. unsalted butter

2 cups puffed whole grain cereal

½ cup whole grain flake cereal

½ cup pecans, chopped or salted roasted soy nuts

½ cup raisins

Coat 9-inch square baking dish with canola oil spray. Line pan with plastic wrap, letting edges hang over sides of pan. Coat plastic with cooking spray. Coat wooden mixing spoon with cooking spray and set aside.

In large saucepan over medium heat, cook marshmallows and butter until they are melted and start to color, about 3 minutes, stirring constantly. Remove pan from heat.

Using coated spatula, stir in two cereals, nuts and raisins until well coated with marshmallow mixture.

Turn mixture into prepared pan. Using wet hands (or lightly spray them with cooking oil spray), press mixture into an even layer.

Set aside to cool. Invert pan over cutting board. Lift off plastic. Using serrated knife, cut into squares.

Makes 12 servings. Per serving: 128 calories, 5 g. total fat (1 g. saturated fat), 21 g. carbohydrate, 2 g. protein, 2 g dietary fiber, 27 mg. sodium.