

# Whole Grain Shopping Guide

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Look for cereals that are whole grain, high in protein (3-5 grams) *and* high in fiber (3-5 grams). Whole grains contain the entire kernel of grain: the bran, the germ and the endosperm



"Whole wheat" on the label means whole wheat was used in the recipe. It does NOT necessarily mean that it is the main, or only wheat ingredient. Turn the product over and read the list of ingredients. Whole wheat should be listed first. Or look for labeling that states "100% Whole Wheat".



Whole grains are not only protective against heart disease, cancer and diabetes, but they add more texture and flavor to diets. Longer chewing helps develop facial musculature and contributes to feelings of fullness. Eating chewy grains may help our children eat less and reduce childhood obesity.



Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins.

## Try adding some of these changes gradually into your family's diet

	Instead of this	Choose this
Grains	White bread	100% whole wheat or 100% Rye bread
	Crackers	100% whole wheat crackers
	White rice	Brown rice, wild rice, bulgur, barley
	White pasta	Whole wheat pasta, or 50/50 pasta (Eden's or Barillo Plus)
	Sugary Cereals	Mixed grain cereals from 100% grains
	Hot creamy cereals, grits	Oatmeal, mixed cooking grains, buckwheat, kamut flakes, quinoa flakes
	White bagels	Whole wheat bagels
Other grains	Wheat, oats, corn or rice	Amaranth, quinoa, triticale, millet, teff, kamut



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## Cooking Grains

Grain	Water	Cook Time	Yield
Amaranth 1/2 cup	1 cup	20-25 min	1 cup
Barley 1 cup pearl	3 cups	35-40 min	3 1/2 cups
Buckwheat (kasha) 1 cup	2 cups	15 min	4 cups
Bulgur wheat 1 cup	2 1/2 cups	15-20 min	2 1/2 cups
Cracked wheat 1 cup	2 cups	25 min	2 1/3 cups
Coarse cornmeal Polenta 1 cup	3 cups	15-20 min	3 cups
Couscous 1 cup	1 cup	5 min	1 1/2 cups
Faro 1 cup	3 cups	Cook 25 min, let stand 10 min	2 cups
Kamut 1 cup	3 cups	3 hours	3 cups
Millet 1/2 cup	1 1/4 cup	Pop first then cook 20 min, let stand 10 min	2 cups
Oats 1 cup	2 cups	Cook 5 min, let stand 3 min	2 cups
Quinoa 1 cup	2 cups	15 min	2 1/2 cups
Rice (brown) 1 cup	2 cups	40-60 min	2 cups
Rye	Usually not cooked alone, mainly used in breads with wheat		
Spelt	Usually not cooked alone, mainly used in the form of flour		
Teff 1 cup	3 cups	20 min	3 cups
Triticale 1 cup	3 1/4 cups	40-50 min	2 1/2 cups
Wild Rice 1 cup	3 cups	1 hr	4 cups
Wheat Berries 1 cup	3 cups	2 hr	2 3/4 cups

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