



Employee Wellness

Health Road Trip



Grain Cayman
Island



Where Good Times and Great Taste are EnGrained!

Daily sunshine and high humidity levels make the Islands an ideal place to grow grains. And that they do at the Garden of Grains, located in the southwest corner of Grain Cayman Island.

Planting season begins in early March on the Island when the soil temperature is perfect to sow the seeds for barley, rye, oats and wheat. Over the next

few months the seeds take root and grow to produce an abundant supply of grains for the Island.

What makes Islanders unique is the fact that they prefer to use the whole grain in their cooking and baking. This is often not

the case as most mainlanders

have grown accustomed to consuming refined grains instead of their healthy counterpart, whole grains.

Local chef, Sir Saute, explains it like this. "Whole grains impart a slightly nutty taste and crunchy texture to salads, breads, and soups. And they offer more health benefits than highly processed grains."

WHOLE GRAINS VS REFINED GRAINS

Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples include: whole wheat flour, oatmeal, whole cornmeal and brown rice.

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. Some examples of refined grain products are: white flour, white bread, and white rice. Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are partially added back after processing. Fiber is not added back to enriched grains.

Whole Grain
Goodness
Awaits At The
Garden of
Grains

Whole grain recipes are a staple of Grain Cayman Island.

Items like whole grain pasta, brown rice, and crunchy whole wheat baguettes.

Below an islander shares the recipe for one of the delicious whole grain dishes that is often served at family gatherings.

CARIBBEAN CASSEROLE

Serving Size: 1 cup

Yield: 10 servings

INGREDIENTS:

1 medium onion, chopped
½ green pepper, diced
1 tablespoon canola oil
1 can (14.5 ounces) stewed tomatoes
1 tsp oregano leaves
½ tsp garlic powder
1 ½ cups instant brown rice, uncooked
1 can (16 oz) black beans, undrained

DIRECTIONS:

In a large pan, heat oil over medium heat. Sauté onion and green pepper in canola oil and cook until tender and onion is translucent. Avoid browning. Add undrained tomatoes, undrained beans, oregano, and garlic powder.

Bring to a boil. Stir in rice and cover. Reduce heat to low and cook for 5 minutes. Remove from heat and let stand for 5 minutes before serving. Serve with a whole grain roll and crispy Spinach salad for a delicious meal in minutes.

NUTRIENT INFORMATION:

Per Serving:

Calories	100
Total Fat	2 g
Saturated Fat	0 g
Sodium	280 mg
Protein	4 g
Fiber	3 g

HOW TO SPOT A WHOLE GRAIN

Refined grains are sneaky. They can disguise themselves as whole grains by appearing to be dark in color. A savvy shopper is not easily fooled by the molasses or food coloring that is often added to darken the color of the refined grain.

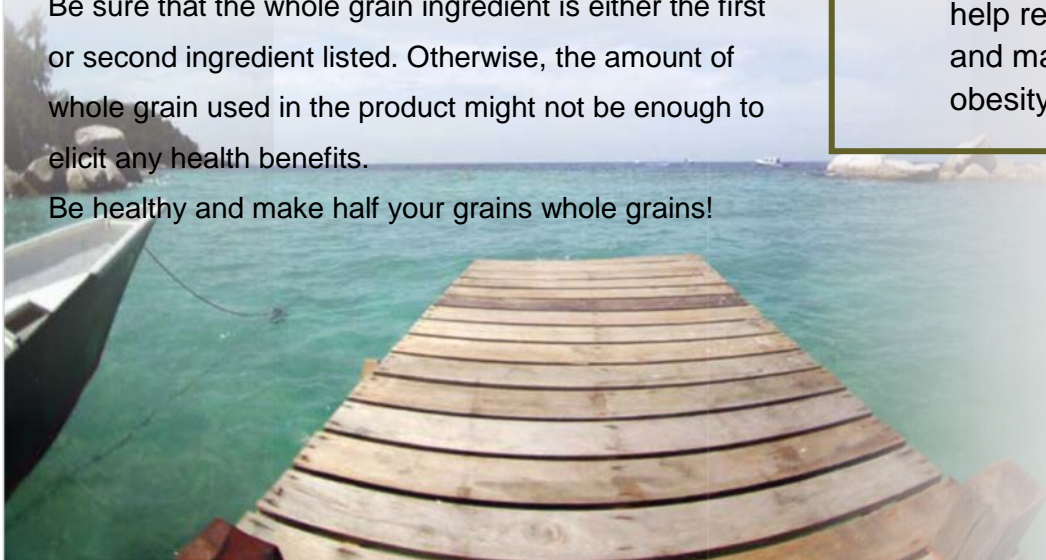
The best way to spot a whole grain is by reading the ingredient list on a product package. Search for ingredients with the word “whole” in them. Examples would include whole wheat, whole oats, whole rye, and whole grain. These indicate the entire grain kernel is included in the product.

Be sure that the whole grain ingredient is either the first or second ingredient listed. Otherwise, the amount of whole grain used in the product might not be enough to elicit any health benefits.

Be healthy and make half your grains whole grains!

The health effects of increasing your whole grain intake include:

- Consuming whole grains as part of a healthy diet may reduce the risk of heart disease.
- Consuming foods containing fiber, such as whole grains, as part of a healthy diet, may reduce constipation.
- Eating whole grains may help with weight management.
- Dietary fiber from whole grains may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.



WELLNESS CHALLENGE GRAIN CAYMAN

Make Half Your Grains Whole:

Whole grains are an excellent source of vitamins, minerals, and fiber and provide great fuel for the body. Look at the ingredient list on food packages to determine if what you are consuming is a whole grain food. If the first or second ingredient listed includes the word “whole,” it is a fairly safe bet that the item is indeed a whole grain food. Here are a few tips to help you add more whole grains to your day:

- To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It’s important to substitute the whole-grain product for the refined one, rather than adding the whole-grain product.
- For a change, try brown rice or whole-wheat pasta instead of white rice or regular pasta.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews, and bulgur wheat in casseroles or stir-fries.
- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Try an unsweetened, whole grain, ready-to-eat cereal for breakfast, or use it as a crunchy yogurt topping.
- Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.
- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Try 100% whole-grain snack crackers.
- Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.

This month, HealthTrip travelers are challenged to make half their grains whole grains each day.

Don’t forget to download your Travel Log here:

<https://apps.weber.edu/wsuiimages/employeewellness/Challenges/Health%20Road%20Trip/Tracking%20Sheets/Grain%20Cayman%20Travel%20Log.pdf>

UPCOMING EVENTS:

Cooking Demo: Wednesday, January 15th

Training Tracker # 810-13