



# Nutrition Week 2: Grains



## Tips to help you eat whole grains:

- Use whole grains in mixed dishes, such as soups or stews.
- Try **popcorn or whole wheat or rye crackers**.
- Look for whole grain ingredients and fiber on the food label.



## + Make half your grains whole!

- Grains are divided into two subgroups
  - **Whole grains**
  - Refined grains

## APPLE-CINNAMON OATMEAL WITH AN EGG BOOST

### INGREDIENTS

- 1 egg
- 1/3 cup milk
- 1/3 cup quick-cooking oats
- 1/4 cup finely chopped apple
- 1 tablespoon sugar (optional)
- 1/4 teaspoon ground cinnamon
- Dash salt (optional)
- 1/4 cup vanilla yogurt

### INSTRUCTIONS

Beat the egg and milk in a 2-cup microwave-safe bowl until blended. Stir in the oats, apple, sugar, cinnamon and salt.

Microwave on high until the liquid is absorbed and the egg is set, 1 1/2 to 2 minutes.

Stir and top with yogurt. Garnish with additional chopped apples if you wish.

1 Serving: 330 Cal/ 9 g F/ 48 g C/ 16 g P/ 150mg S

## DAILY GRAIN TABLE

		DAILY RECOMMENDATION*	DAILY MINIMUM AMOUNT OF WHOLE GRAINS
<b>Children</b>	2-3 years old	3 ounce equivalents	1 1/2 ounce equivalents
	4-8 years old	5 ounce equivalents	2 1/2 ounce equivalents
<b>Girls</b>	9-13 years old	5 ounce equivalents	3 ounce equivalents
	14-18 years old	6 ounce equivalents	3 ounce equivalents
<b>Boys</b>	9-13 years old	6 ounce equivalents	3 ounce equivalents
	14-18 years old	8 ounce equivalents	4 ounce equivalents
<b>Women</b>	19-30 years old	6 ounce equivalents	3 ounce equivalents
	31-50 years old	6 ounce equivalents	3 ounce equivalents
	51+ years old	5 ounce equivalents	3 ounce equivalents
<b>Men</b>	19-30 years old	8 ounce equivalents	4 ounce equivalents
	31-50 years old	7 ounce equivalents	3 1/2 ounce equivalents
	51+ years old	6 ounce equivalents	3 ounce equivalents

**+ THIS WEEK TRY SUBSTITUTING A WHOLE GRAIN PRODUCT FOR A REFINED-GRAIN PRODUCT, SUCH AS WHOLE WHEAT PASTA OR BROWN RICE.**