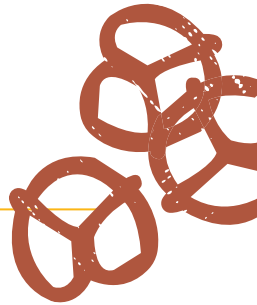


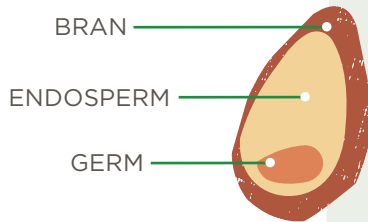
Great Whole Grains

Grains are an important part of the foods we eat.



SATISFYING & NOURISHING

Grains help us feel satisfied, especially when combined with other foods. Whole grains have nutrients that keep our bodies nourished, help us feel full longer and reduce risk for some diseases.



GRAIN ANATOMY

In a whole grain, all the parts of the kernel are included. When grains are refined, the bran and the germ are removed in processing. Refined grains are missing some of the important nutrients when the bran and germ are gone. However, refined grains are often fortified. Fortified grains have nutrients added back and can be a part of the total grain foods we eat.

CHECK FOR WHOLE GRAINS

Look for a whole grain as the first ingredient on the ingredients list.

Whole grains can be listed with the word “whole”.

- Whole grain cornmeal
- Whole wheat chapati
- Whole wheat bread
- Whole grain cereals and crackers

Or, there are some grains that are always in their whole form.

- Brown rice
- Oats
- Bulgur
- Popcorn
- Millet
- Quinoa
- Farro
- Wild rice

Any whole grains listed after the first ingredient may only be a very small part of the product.

Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes Added Sugars 0g	20%
Protein 3g	
INGREDIENTS: WHOLE WHEAT FLOUR, WHOLE GRAIN FLOUR, WATER, HONEY, YEAST, SALT, BAKING POWDER, RYE FLOUR	



TIP Don't be fooled by foods that are brown in color or say “wheat” or “multigrain” on the package. If you're looking for whole grains, always check the ingredients list first!

Butternut Squash Macaroni and Cheese

Servings: 8

Ingredients:

- 2 cups peeled, cubed butternut squash (about 1 squash or 1 bag frozen)
- 1 tablespoon butter
- 1 box (16 oz) short, whole wheat pasta such as macaroni, rotini, or penne
- 2 1/2 -3 cups warm water
- 1 teaspoon salt
- 1 teaspoon garlic powder (optional)
- 1 can (12 oz) low-fat (or regular) evaporated milk
- 2 cups (8 oz) shredded cheddar cheese

Directions:

1. If using fresh squash, place in a microwave-safe bowl with one tablespoon of water. Microwave for 5 minutes, then stir and microwave for 3-5 more minutes or until very soft. If using frozen squash, follow the microwave instructions to cook until squash is very soft.
2. Once squash is cooked, mash well with a fork until smooth.
3. In a large pan or pot, melt the butter in the pan over medium-high heat.
4. Add 2 1/2 cups of water, salt, garlic powder (optional), evaporated milk, and mashed squash to the pan and stir. Cover and bring to a boil.
5. Once boiling, uncover, add pasta to the pan, and stir. Reduce heat to medium-low and cook for 8-10 minutes (or follow box timing) while stirring occasionally.
6. If the pasta begins to look dry, add some of the remaining water, 1/4 cup at a time.
7. Once the pasta is cooked, reduce heat to low and fold in the cheese. Once the cheese is fully melted, it is ready to eat!

Notes & Tips:

Recipe adapted from fruitsandveggies.org

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Nutrition Facts

8 serving per container

Serving size 1 1/2 cups

Amount Per Serving

Calories **330**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 330mg **14%**

Total Carbohydrate 53g **19%**

Dietary Fiber 6g **21%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 19g

Vitamin D 2mcg 10%

Calcium 280mg 20%

Iron 3mg 15%

Potassium 520mg 10%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.