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Whole Grains for a Healthy Heart

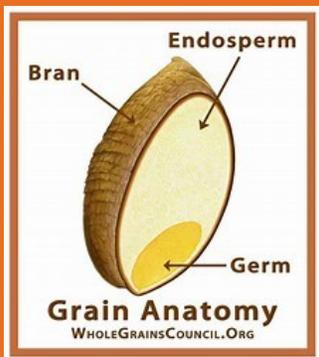
SNAP - Supplemental Nutrition Assistance Program

Whole Grains vs Refined Grains

Whole Grains contain the entire grain kernel—including the bran, germ, and endosperm. They have not been processed and retain their nutrients.

Refined Grains have been “milled” or processed to remove the bran and germ giving it a smoother texture and longer shelf life.

Refined Grains have to be enriched to replace some of the nutrients lost in processing. It does not replace them all.



What nutrients are in Whole Grains?

Fiber	Complex Carbohydrates	Iron
Magnesium	Selenium	Thiamin
Niacin	Riboflavin	Folate

These nutrients may help your heart by...

Reducing cholesterol	Keeping you full on fewer Calories
Reducing risk of obesity	Making energy to help metabolism
Carrying Oxygen in the blood	Protecting cells from oxidation

What can I eat?

Brown Rice	Buckwheat	Bulgur	Oat-
meal	Popcorn	Quinoa	Barley
	Amaranth	Teff	

Information adapted from myplate.gov

MAKE HALF YOUR GRAINS WHOLE!

The amount of grains you need per day depends on age, gender, and activity level. It can vary between 3 to 8 oz equivalent per day.

1 oz equivalent=

1/4 bagel or 1 slice bread

1/2 cup cooked oatmeal, rice, pasta

5 whole wheat crackers

1 cup ready to eat cereal

3 cups popcorn

Bulgur and Black Bean Salad

Yield: 6 servings

Serving Size: 1 cup



1/2 cup dry bulgur

1 cup water

1 1/2 tablespoons olive oil

3 tablespoons lime juice

1/4 teaspoon cumin

1/4 teaspoon ground coriander
(dried cilantro seed)

2 tablespoons cilantro, chopped

2 medium scallions, minced

1 can (15 ounces) black beans,
rinsed and drained

1. In a small sauce pan, bring water and bulgur to a boil. Stir, turn off heat and cover with a lid. Let bulgur sit for 10 minutes. Drain excess water. Cool for 15 minutes.

2. In a large bowl, combine olive oil, lemon juice, cumin, coriander, black pepper, salt, cilantro, scallions, chopped vegetables, black beans and bulgur.

3. Cover and refrigerate until ready to serve.

Nutrition Information:(1 cup): 160 calories, 4 g total (0.5 g saturated fat), 7 g protein, 26 g carbohydrates, 8 g fiber

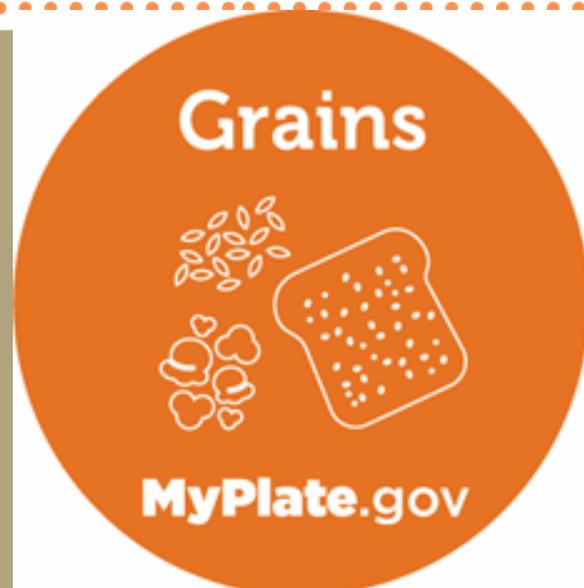
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