



Monday Morsels

Nutrition for the Noggin'

9/30/13

Make half your family's grains whole?

- Start with breakfast. Choose a fiber-rich, whole-grain breakfast cereal, oatmeal or toast. Check the grams of fiber per serving; more fiber will keep you feeling fuller, longer.
- Choose whole grains over refined items when selecting breads, buns, bagels, tortillas, pastas and other grains.
- Experiment with different grains such as buckwheat, bulgur, millet, quinoa, sorghum, or whole rye or barley. To save time, cook extra bulgur or barley and freeze half to heat and serve later as a quick side dish.
- Enjoy whole grains as a snack. Three cups of whole-grain, air-popped popcorn contains 3.5 grams of fiber and only 95 calories. Also, try 100-percent whole-wheat or rye crackers

Reference <http://www.eatright.org/Public/content.aspx?id=6442471695>

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