

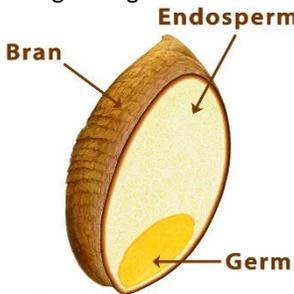
TABLETALK

MARCH, 2017 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

Whole Grain

"A healthier alternative to ordinary grains"

A grain is considered to be a whole grain as long as all three original parts (the bran, germ, and endosperm) are still present in the same proportions as when the grain was growing in the fields.



Grain Anatomy
WHOLEGRAINSCOUNCIL.ORG

The Bran

The bran is the multi-layered outer skin of the edible kernel. It contains important antioxidants, B vitamins and fiber.

The Germ

The germ is the embryo which has the potential to sprout into a new plant. It contains many B vitamins, some protein, minerals, and healthy fats.

The Endosperm

The endosperm is the germ's food supply, which provides essential energy to the young plant so it can send roots down for water and nutrients, and send sprouts up for sunlight's photosynthesizing power. The endosperm is by far the largest portion of the kernel. It contains starchy carbohydrates, proteins and small amounts of vitamins and minerals.

The amount of grains you need to eat depends on your age, sex, and physical activity. Americans consume enough grains, but few are whole grains. **At least half of all the grains eaten should be whole grains!**

		Daily Recommendation	Daily Minimum amount of Whole Grains
Children	2 – 3 years old	3 oz equivalents	1 ½ oz equivalents
	4 – 8 years old	5 oz equivalents	2 ½ oz equivalents
Girls	9 – 13 years old	5 oz equivalents	3 oz equivalents
Boys	9 – 13 years old	6 oz equivalents	3 oz equivalents

Not sure if something is *really* whole grain? The first ingredient on the list for *any* whole grain product will be one of these:

Keep in mind: foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually **not** whole-grain.

Remember: color is **not** an indication of a whole grain! Bread can be brown because of molasses or other added ingredients.

- brown rice
- buckwheat
- bulgur
- millet
- oatmeal
- popcorn
- quinoa
- rolled oats
- whole-grain barley
- whole-grain corn
- whole-grain sorghum
- whole-grain triticale
- whole oats
- whole rye
- whole wheat
- wild rice

Chef Bob's Cookbook

Whole Grain Strawberry Breakfast Bars



Whole Grain Strawberry Breakfast Bars
TIME: about 30 minutes

Main Ingredients

- 1/2 cup (1 stick) unsalted butter, softened
- 1 cup light brown sugar
- 1/2 cup sliced almonds
- 1 1/2 cups white whole wheat flour (all purpose flour can be substituted)
- 1 1/2 cups old fashioned oats
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup strawberry jam
- 1/2 cup thinly sliced strawberries

Directions

1. Preheat oven to 350°F. Line a 9x9 pan with foil, grease the foil. Set aside.
2. With a hand mixer or stand mixer, beat butter and brown sugar for several minutes, until creamy.
3. In a separate bowl, combine almonds, flour, oats, baking soda and salt. Add the dry ingredients to the butter mixture and beat on low speed until blended and crumbly. Remove 1 1/4 cups of the mixture and set it aside.
4. Dump the remaining mixture into the prepared 9x9 pan. Use the bottom of a measuring cup to evenly press the mixture into the pan. Spread the strawberry jam over the crust, then top with sliced strawberries. Sprinkle the reserved oat mixture over the top.
5. Bake for approximately 20-25 minutes, until the top is light golden brown and the jam is bubbling around the edges. Cool completely before cutting into bars.