



## Whole Grains are Great!

### Did You Know – Whole Grain Foods are Really Good for You?

Eating whole grains can help reduce the risk of some cancers, heart disease and high cholesterol. Many whole grain foods are high in fiber. Eating fiber will help you feel full. This also helps with weight management.

### Some examples of whole grains foods are:

Whole wheat bread	Whole wheat pasta
Brown or wild rice	Whole grain barley
Whole oats or oatmeal	Popcorn

A complete list of whole grains can be found at: <http://www.choosemyplate.gov> and click on “grains”

### Shopping for Whole Grains

A grains food that is brown in color does not always mean it is whole grain. Watch out for labels that say “multigrain” or “wheat”. These may not be whole grain choices.

To be sure you are choosing a whole grain food, read the ingredients list on the nutrition facts label. The first ingredient should say the word “whole”.

### Make at Least Half Your Grains Whole Grains

- Instead of white bread, rice and pasta, try some whole grain choices.
- Snack on whole grain cereals.
- Eat popcorn plain or with light butter.
- Substitute half of the flour with whole wheat flour in muffins, pancakes, and cookie recipes.

### Take Action!

- Try a new whole grain food this week.
- Have a scavenger hunt in your kitchen with your child. Search for grains and decide if they are whole grains.
- Locate a food in the grocery store that you typically buy and purchase it in a whole grain variety.

## Recipe

### MyPlate Pita Pizzas

Makes 1 serving

#### Ingredients:

- 4 whole wheat pita breads
- ¼ cup low-sodium spaghetti sauce or pizza sauce
- ¼ teaspoon dried oregano or Italian seasoning
- 1 cup bell pepper, washed and chopped
- 1 ½ cups canned pineapple chunks packed in 100% fruit juice, drained
- 1/3 cup low-sodium ham, diced
- ¾ cup low-fat cheddar cheese, grated

#### Directions

1. Heat oven to 400 degrees. Place pita bread on baking sheet.
2. Spread each pita with 1 tablespoon of spaghetti sauce. Sprinkle with seasoning.
3. Top each pita with pepper, pineapple, ham, and cheese. Bake until hot and cheese bubbles, about 5 minutes.
4. Remove pizzas from baking sheet. Place each pizza on a dinner plate and serve.

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