

# Whole Grain



Requirements

# Objectives

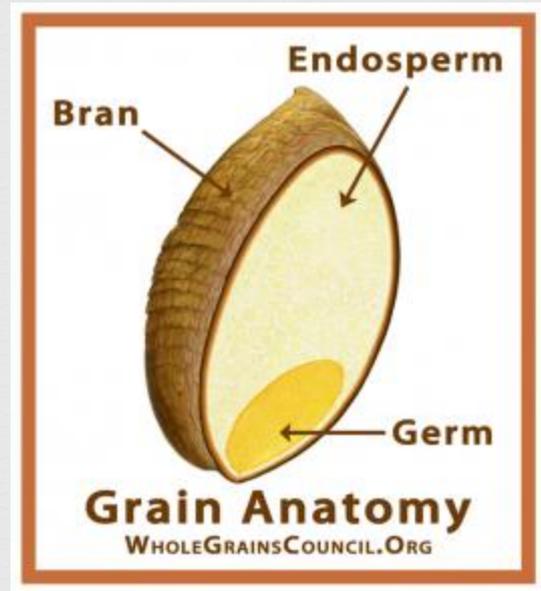


- ❧ Define Whole Grains
- ❧ Identify whole grains
- ❧ Utilizing whole grains

# What is a Whole Grain?



- Whole grains consist of the entire cereal grain seed or kernel.



# Whole Grains vs. Refined Grains



## Whole Grains

- ❧ Contains the entire grain kernel (bran, germ, & endosperm).
- ❧ Great source of nutrients:
  - ❧ Dietary fiber
  - ❧ B vitamins
  - ❧ Minerals

## Refined Grains

- ❧ Have been milled (a process which removes the bran & germ).
- ❧ Lacks nutrients:
  - ❧ Dietary fiber
  - ❧ B vitamins
  - ❧ Minerals

# Whole Grains & Enriched Grains



☞ Whole grains are foods that contain 100-percent whole grain.

**OR**

☞ Foods that contain at least 50% whole-grain meal and/or flour blended with enriched meal and/or flour.



# What Counts as Whole Grain?



☞ Whole grains per serving must be  $\geq 8$  grams.

OR

☞ The product includes health claims on its packaging from the Food and Drug Administration (FDA)

OR

☞ Whole wheat is listed as the first ingredient.

# How to Identify Whole Grains



**Ingredients: Whole wheat flour**, water, corn syrup, wheat gluten, yeast, contains 2% or less of each of the following: honey, partially hydrogenated soybean oil, salt, dough conditioners (may contain one or more of each of the following: mono- and diglycerides, ethoxylated mono- and diglycerides, calcium and sodium stearoyl lactylates, calcium peroxide, calcium carbonate), whey, yeast nutrients (mono-calcium phosphate, calcium sulfate, ammonium sulfate), distilled vinegar, cornstarch.



# More ways to identify whole grains



☞ Water is the first ingredient, followed by a whole grain.

**Healthy Life Original 100% Whole Wheat Whole Grain Bread**

<b>Nutrition Facts</b>	
Serving Size 2 Slices (41g)	
Servings Per Container 11	
<b>Amount Per Serving</b>	<b>%DV 2 Slice 1 Slice</b>
<b>Calories 70</b>	Calories from Fat 5
<b>Calories 35</b>	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat 0g,0g</b>	<b>0% 0%</b>
Saturated Fat 0g,0g	<b>0% 0%</b>
Trans Fat 0g,0g	
Polyunsaturated Fat 0g,0g	
Monounsaturated Fat 0g,0g	
<b>Cholesterol 0mg,0mg</b>	<b>0% 0%</b>
<b>Sodium 150mg,80mg</b>	<b>6% 3%</b>
<b>Total Carbohydrate 16g,8g</b>	<b>5% 3%</b>
Dietary Fiber 5g,3g	<b>20% 12%</b>
Sugars 2g,1g	
<b>Protein 5g,2g</b>	
Vitamin A 0% 0%	Vitamin C 0% 0%
Calcium 10% 4%	Iron 4% 2%
Thiamin 6% 4%	Riboflavin 2% 2%
Niacin 6% 2%	Folic Acid 2% 0%
* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

**NO Bromate**  
**NO Hydrogenated Oil**  
**0 Grams *Trans* Fats**  
**NO Saturated Fats**  
**NO Cholesterol**

**INGREDIENTS:** WATER, 100% WHOLE GRAIN WHOLE WHEAT FLOUR, SOY FIBER AND/OR WHEAT FIBER AND/OR SUGAR CANE FIBER, WHEAT GLUTEN, YEAST, BROWN SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: MOLASSES, SALT, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO- DIGLYCERIDES, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE), CALCIUM PROPIONATE (TO PREVENT SPOILAGE), GUAR GUM, YEAST NUTRIENTS (CALCIUM SULFATE, CALCIUM CARBONATE, AMMONIUM SULFATE), FUMARIC ACID, WHEAT STARCH, PALM OIL, SOY LECITHIN.

**CONTAINS: WHEAT, SOY.**

LEWIS BAKERIES, INC.  
 GENERAL OFFICES: EVANSVILLE, IN 47710

**Allergy Advisory:** Produced on the same bakery equipment as baked goods containing milk, eggs, or nuts. Therefore, this product may inadvertently contain milk, eggs, or nuts to which some people may be allergic.

While we make every effort to post the most current product nutrition facts and ingredients on this web site, your best source of product information is what is printed on the package you purchase.

# Common Whole Grains



- ❧ Wheat (RED)
  - ❧ Whole grain wheat
  - ❧ Whole wheat pastry flour
- ❧ White wheat
  - ❧ Whole white wheat
  - ❧ Whole white wheat flour
- ❧ Oats
  - ❧ Whole Oats
  - ❧ Oatmeal or rolled oats
- ❧ Barley
  - ❧ Whole barley
  - ❧ Whole barley flour
- ❧ Corn
  - ❧ Whole corn flour
  - ❧ Whole corn
  - ❧ Whole-grain grits
- ❧ Brown Rice
  - ❧ Brown Rice
  - ❧ Brown rice flour
- ❧ Wild Rice
  - ❧ Wild rice
  - ❧ Wild-rice flour
- ❧ Rye
  - ❧ Whole rye
  - ❧ Whole rye flour

# Grains that are not Whole Grain rich



- ❧ Flour
- ❧ White flour
- ❧ Wheat flour
- ❧ All-purpose flour
- ❧ Unbleached flour
- ❧ Bromated flour
- ❧ Enriched bromated flour
- ❧ Enriched flour
- ❧ Instantized flour
- ❧ Phosphated flour
- ❧ Self-rising flour
- ❧ Rice flour
- ❧ Self-rising wheat flour
- ❧ Enriched self-rising flour
- ❧ Bread flour
- ❧ Cake flour
- ❧ Drum flour
- ❧ Corn grits
- ❧ Hominy grits
- ❧ Hominy
- ❧ Farina
- ❧ Semolina
- ❧ Degerminated corn meal
- ❧ Enriched rice
- ❧ Couscous

# Misleading Grain Terminology

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- ❧ Made with whole grains
- ❧ 100% wheat
- ❧ Multi-grain
- ❧ Contains whole grain
- ❧ Cracked wheat bread
- ❧ Made with whole wheat

# Menu Whole Grain Items

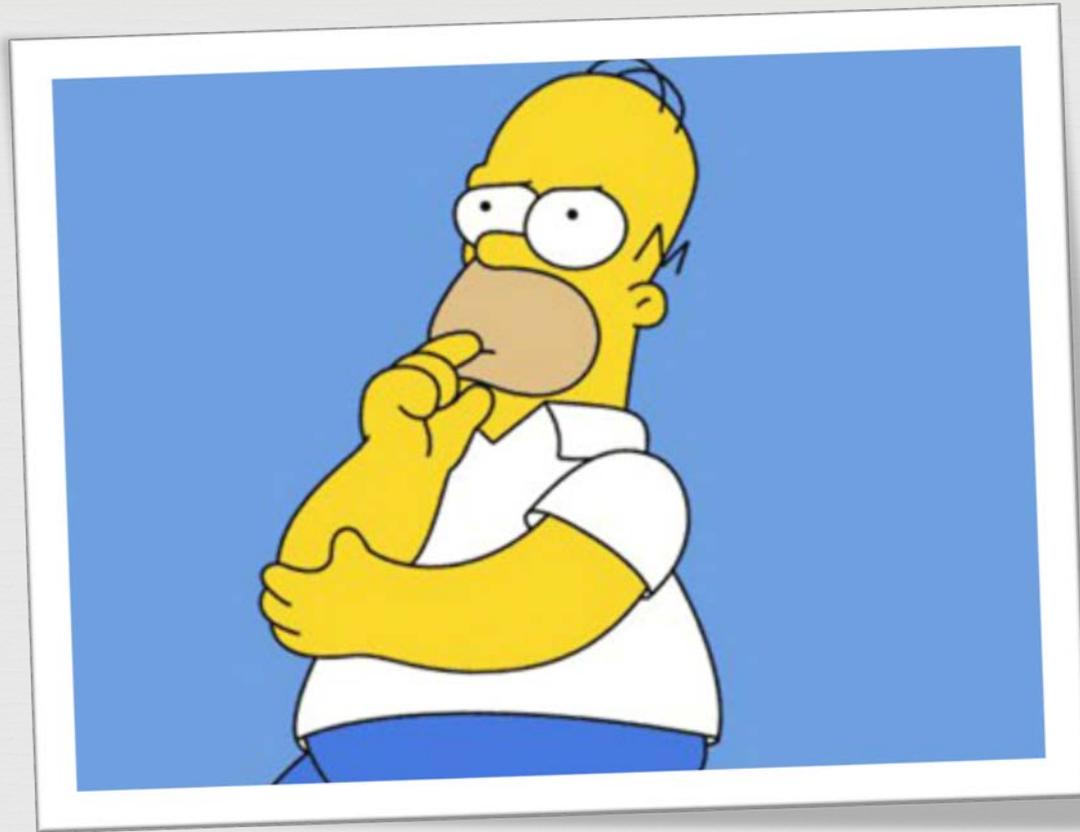


## ☞ At Breakfast

- ☞ Whole-grain cereals
- ☞ Whole-grain pancakes or waffles
- ☞ Oatmeal
- ☞ Whole-grain English muffins or bagels

## ☞ At Lunch

- ☞ Whole-grain rolls or whole-grain crackers
- ☞ Whole-grain taco shells
- ☞ Whole-grain pasta (for spaghetti or lasagna)
- ☞ Whole-grain breads (for sandwiches)
- ☞ Pizza with whole-grain crust



Test Your Brain: Is this Whole Grain?

Quiz Time

# Question 1: True or False?



☞ All brown bread is 100% whole grain

# Test Results (1)



False, Many brown breads have color added to make them look like whole wheat.

# Question 2: True or False?



☞ If the label says “100% wheat,” it means that wheat is the only grain in the product.

# Test Result (2)



True, “100% wheat” means the only grain is wheat, but it may not be **whole** wheat.

# Question 3: True or False?



☞ Multigrain means that a food is whole grain.

# Test Result (3)



False, multigrain means it contains more than one kind of grain but they may not be whole grains.

# Question 4: True or False?



❧ If the label says “made with whole grains” then you can be sure that the food is “100% whole grain.”

# Test Result (4)



False, made with whole grains means the food has some of the grains as whole grain. Check the first ingredient.

# Question 5: True or False?



- ❧ The easiest way to find whole grain foods is to look on the front label for the words “100% whole grain.”

# Test Result (5)



True, look for the words 100% whole grain to select true whole grain foods.

# Recap



- ❧ Check the nutrition label to ensure that the product is whole-grain rich.
  - ❧ Whole grain must be the first ingredient listed.
  - ❧ Water can be the first ingredient listed followed by a whole grain.
  - ❧ FDA statement listed on label of product.
  
- ❧ A product is considered whole grain if it is...
  - ❧ 100% whole grain.
  - ❧ A blend of at least 50% (or more) of whole grain flour/meal with 50% (or less) enriched flour/meal.

# Benefits of Whole Grains



- ❧ Health Benefits-Helps to reduce risk for chronic diseases:
  - ❧ Heart disease
  - ❧ Cancer
  - ❧ Diabetes
  - ❧ Stroke
- ❧ Controls weight
- ❧ Exposes children to healthier options, which may influence healthy eating habits as an adult.

# Tips for Success



- ❧ Consider adding whole-grains to food items that children are familiar with and are well-liked.
- ❧ Use one (1) slice of white bread with one (1) slice of whole bread for sandwiches.
- ❧ Use whole-grain noodles in your pasta dishes: spaghetti, lasagna, and casseroles, etc.
- ❧ Find chicken nuggets with whole grain breading.
- ❧ Eat with your children. Lead by example.

# More Tips for Success



- ❧ Make half of your grains whole grain-rich.
- ❧ Incorporate taste tests to encourage your participants to try whole grains.
- ❧ Educate children, parents, & the community on the health benefits of consuming whole grains.

# Resources



- ☞ How to evaluate whole grains:  
<http://www.doe.in.gov/sites/default/files/nutrition/identifying-whole-grain-rich.pdf>.
- ☞ Food Buying Guide- Grains:  
[http://www.fns.usda.gov/sites/default/files/tn/fbg\\_grainchart.pdf](http://www.fns.usda.gov/sites/default/files/tn/fbg_grainchart.pdf).
- ☞ Whole Grains in Child Nutrition Programs Training Manual  
<http://www.nfsmi.org/documentlibraryfiles/PDF/20110714035845.pdf>
- ☞ ChooseMyPlate.gov <http://www.choosemyplate.gov/food-groups/grains.html>
- ☞ Whole Grains Council <http://wholegrainscouncil.org>

# Questions?



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