



# SHOP SMART EAT WELL

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...a quarterly bulletin from the UC CalFresh Nutrition Education Program

## Whole Grains Have a Whole Lot of Good Stuff!

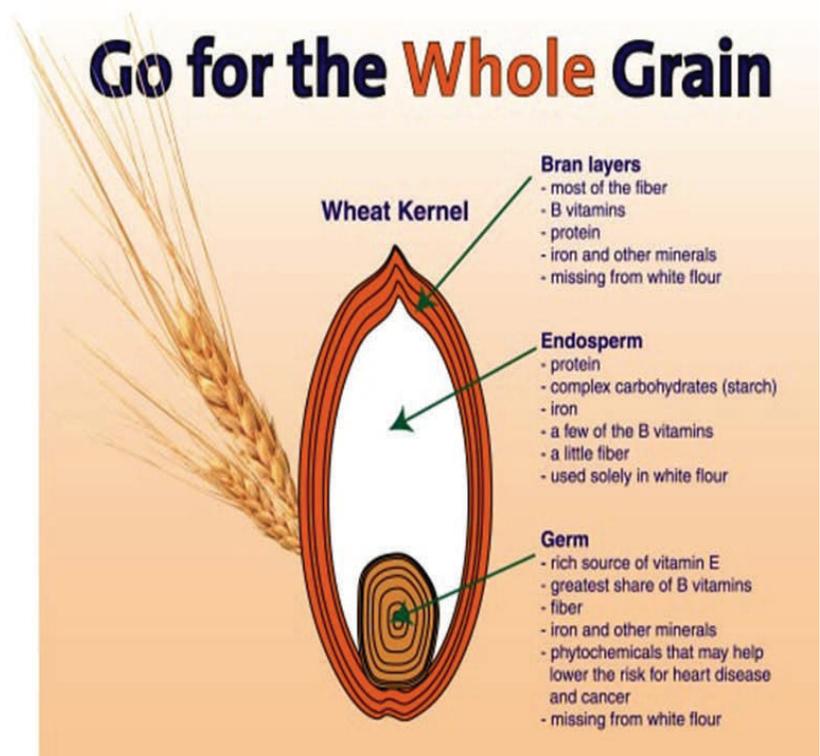
Experts tell us we should be eating more whole grains. **But what exactly is a whole grain and why do we need to eat more?**

A whole grain is the entire kernel—the bran, endosperm and germ. If a grain is refined, the bran and germ have been removed.

Whole grain products are higher in nutrients including fiber, B vitamins, and minerals.

**How do you find whole grains at the store?**

- Read the ingredient list. If a whole grain such as whole wheat, brown rice, oatmeal, or corn is listed first, the product contains a major amount.
- Look for 100% whole wheat when buying bread and other whole wheat products. You can't go by color. If the bread just says "wheat", it is refined and the brown color comes from coloring such as molasses.



# Make Whole Grains a Habit

If your family is used to only eating refined grains, start by making simple changes:

- Use 100% whole wheat bread for sandwiches and brown rice instead of white rice.
- Use whole grains in mixed dishes, such as barley in soups or stews and bulgur wheat in casseroles.
- Popcorn can be a healthy, inexpensive whole grain snack. Try the recipe below.



## Microwave Popcorn

*You don't need to buy boxes of microwave popcorn. Regular popcorn works great!!*

### Ingredients

- \* 1/4 cup popcorn
- \* Plain brown bag (lunch bags work great)
- \* Butter flavored spray
- \* Seasoning (parmesan cheese, garlic salt, taco seasoning, etc.)

*Let the family come up with seasoning ideas!*

### Directions

1. Place unpopped corn in a clean brown bag.
2. Roll top down and place in microwave
3. Heat on high for 2 to 4 minutes until popping slows to 2 to 3 seconds between pops.
4. Put popcorn into a very large bowl and spray lightly with butter flavored oil.
5. Sprinkle with seasoning.
6. Toss and enjoy!

Makes approximately 4 cups

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