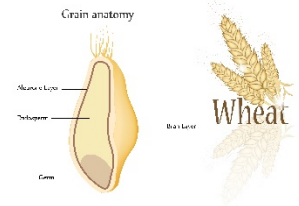


## The Power of Grains! Powerful, nutritious foods that can be eaten in plant-based meals and snacks

Kids, we’ve been sharing information about “*plant-based foods*” (PBF) as part of your park’s *Commit to Health* program. Today we are talking about a super-important type of PBF: whole grains! Do you know what a whole grain is? Read on to learn more!

**Whole grains** are unprocessed grains such as wheat, corn, brown and wild rice, oats, barley, quinoa, sorghum, spelt, and rye. In other PBF brochures we’ve talked about how important it is to try to eat as many “unprocessed” foods as possible. Grains are a great example of a food that you want to eat “unprocessed.” When the word “whole” is found in front of a particular grain, that means that the grain is in its “whole” form and thus has not been refined (“processed”), which essentially means it has not been mashed-up and thus has not lost some of the super healthy parts of the grain (refining a grain removes the *bran* and *germ* from the grain?! Look at the image above to see where each of these are on a grain of wheat). Check out the chart to the right – how much protein, fiber, and iron may be removed from 100 g of wheat grain if the *bran* and *germ* are removed when the grain is “refined”? A lot!!!



	Carb./g	Protein/g	Fat/g	Fiber/g	Iron (% daily req.)	Others
<b>Bran</b>	63	16	3	43	59	vitamin Bs
<b>Endosperm</b>	79	7	0	4	7	
<b>Germ</b>	52	23	10	14	35	vitamin Bs omega-3/6 lipids

Thus, refining a grain makes it less healthy because it removes dietary fiber, protein, iron, and many vitamins! So, when choosing foods that have grains in them, like bread products (sliced bread, bagels, English muffins, etc.), cereals, and/or pasta, make sure to select the **whole grain** versions! Some research even shows that eating whole grains may help reduce your chances of obesity, heart disease, stroke, cancer, and diabetes – plus, whole grains just taste good!

How do you know if the food you choose is made with whole grains, and not refined grains? Make sure you read the ingredient list on the package to make sure the word “**whole**” is listed with the *first ingredient* (ex. “whole grain wheat flour” in the image to the right). A lot of packages may confuse you with words like, “Made with whole grains!” on the front of the package, but if “whole” is not written next to the first ingredient in the ingredient list, it is not truly a whole grain product!



**Whole grains** help you stay full longer, are a great way to get protein, fiber, vitamins, and minerals your body needs, and thus are a great part of a PBF approach to eating! In the pages that follow, you will learn more about the many yummy types of whole grains that you can eat by themselves (think popcorn!), on salads (think complete-protein quinoa!), and in baked/prepared foods (breads, pasta, etc.). Be a “whole grains hero” both at your park program as well as at school and at home!

### Try a POWER whole grain: QUINOA!

Quinoa is considered a complete protein, which means that it has the nine essential amino acids your body needs. Quinoa is also high in fiber, magnesium, iron, potassium, calcium, phosphorus, vitamin E, and various beneficial antioxidants.



## Activity 1: What Whole Grain (WG) to try? & 1-week plant-based Challenge!!



For grades 3 and up (and adults!): Write down 3 *refined* grain items (refer to page 1 for description) you most often eat in Column 2 (white bread, non-WG cereal, white pasta, white rice, etc.). Then, in Column 3, write down a **WG** substitute that you may like to try instead of your usual refined grains! Finally, in Column 4, write down how the **WG** food would be served (hot oatmeal with peaches on top, quinoa and black beans, WGs on a salad, etc.).

Column 1	Column 2: Name of your usual refined grain	Column 3: Name of a WG item you would like to try instead	Column 4: Write how the WG food in Column 3 would be served
Food 1			
Food 2			
Food 3			

### The 1-Week Whole Grain (WG) Challenge!

Now that you've read and talked about *delicious and nutritious plant-based whole grains*, we would like to challenge you, and your family and friends, to a **1-week Plant-based WG Challenge!** Copy this page for everyone in your Challenge, encourage them to complete the table below, and share results with each other via text, Instagram, Facebook (snap a picture), or the old way, in person! We hope you will see just how yummy plant-based WGs can be, and perhaps you'll continue to eat them after the Challenge ends! **WRITE CHALLENGE START DATE HERE:** \_\_\_\_\_

Challenge Day	Day of the week (Write it in)	Describe WG food you enjoyed	Comments about the experience (how you/others enjoyed it, what recipe you used, etc.)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

## Activity 2: Plant-based Proteins

For kids in grades PreK through 2: Color the plant-based foods below that have lots of protein – broccoli, cauliflower, mushrooms, and beans – that can be yummy to eat and make us strong! Adults, ask the kids which of these they eat as snacks or meals!

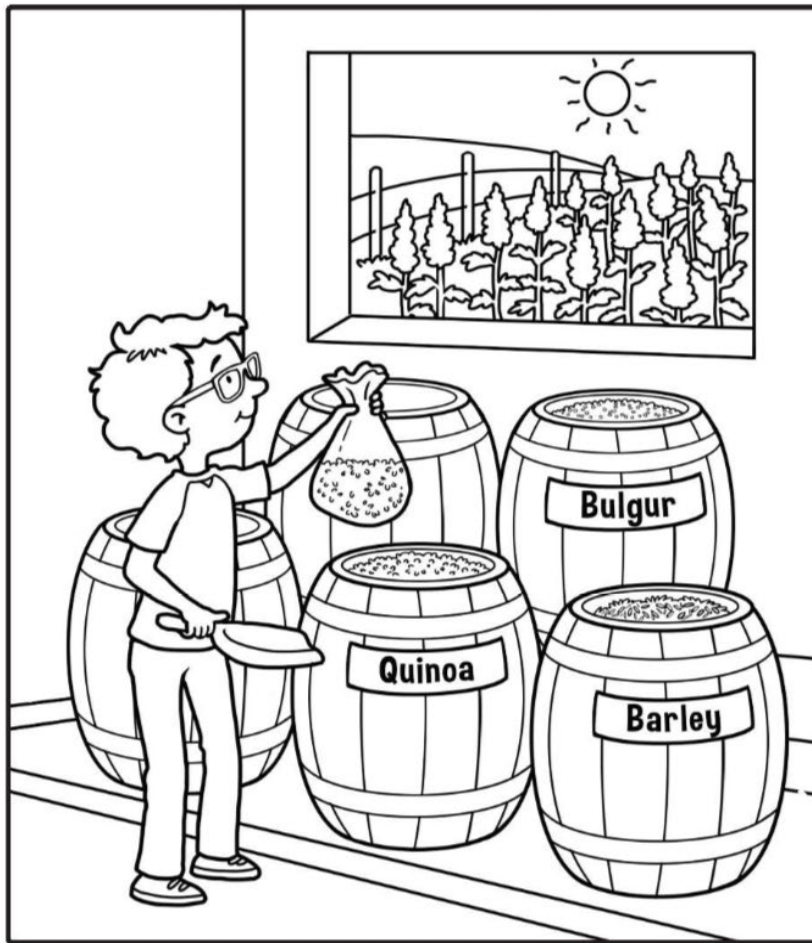
Encourage

them to think about trying these and other plant-based protein foods instead of animal-based foods (like cheese sticks, milk, hamburgers, pepperoni, etc.).



Name \_\_\_\_\_


# ..... Whole Grains .....



## Whole Grain Recommendations

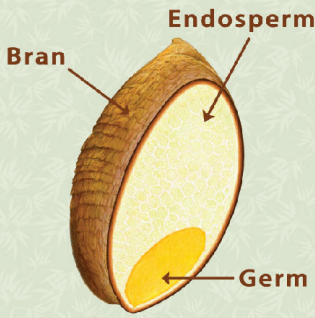
Ok, so you are interested in *whole grains (WG)*...well, great news, there are lots of super-nutritious WGs to choose from!! Many grains can be consumed raw, some after cooking for a short time, and some are ok combined with other ingredients to form typical foods you are used to, such as whole grain pasta. We challenge you to mix it up, try them all – use the next 2 pages to help figure out what you want to try! Top salads with cooked quinoa, start your day off with steel-cut oatmeal or overnight rolled oats oatmeal made with plant-based milk. Make oat waffles using the recipe later in this brochure!





# WHOLE GRAINS 101

**Whole grains are healthier, with more fiber, more protein, and higher levels of many essential nutrients. Most of the grain kernel's nutrients—and flavor—are in the bran and germ, which are routinely stripped out to make white flour.**



**Grain Anatomy**

Whole Wheat  
100% of nutrients

Nutrient	Whole Wheat Flour	Refined Wheat Flour	Enriched Wheat Flour
Vitamin E	100%	8%	8%
Vitamin B6	100%	11%	11%
Magnesium	100%	16%	16%
Thiamin (B1)	100%	24%	156%
Riboflavin (B2)	100%	24%	299%
Niacin (B3)	100%	25%	119%
Fiber	100%	25%	25%
Potassium	100%	29%	29%
Iron	100%	33%	129%
Folate	100%	59%	661%
Protein	100%	78%	78%



**Whole Grain Recommendations**  
(continued)



**EXAMPLES OF WHOLE GRAINS. TRY A NEW ONE EVERYDAY!**



**HOW TO FIND WHOLE GRAINS**



The different gram amount on each Stamp tells you **how many grams of whole grain** are in **ONE** serving of the product.



**LOOK FOR THESE WORDS IN THE INGREDIENTS:**

- Whole Grain** : whole [grain], whole [grain] flour, wheat berries, stoneground whole [grain], oats, oatmeal, brown or wild rice, millet, quinoa, amaranth, hulled or hull-less barley
- May or May Not be Whole Grain:** flour, wheat, wheat flour, organic unbleached, semolina, multigrain, stoneground [grain]
- Not Whole Grain:** enriched flour, bran, germ, wheat germ, degerminated, pearled barley, degerminated corn, white rice

THE 100% STAMP	THE 50% STAMP	THE BASIC STAMP
Products where ALL of the grain is whole grain	Products where at least 50% of the grain is whole grain	Products that contain a significant amount of whole grain, but which contain primarily refined grain.
Minimum requirement: 16 grams whole grain per serving	Minimum requirement: 8 grams whole grain per serving	Minimum requirement: 8 grams whole grain per serving

© 2018 Oldways Preservation Trust

**OLDWAYSPT.ORG • WHOLEGRAINSCOUNCIL.ORG**

## Whole Grain Recipes

### Breakfast (or snack!) Oat Waffles (or Pancakes)<sup>1</sup>

1-1½ cups plant-based milk (soy milk for more protein)	1 tsp vanilla
1 tsp cinnamon	1 tsp salt
1 medium banana, very ripe/soft (great way to use overripe bananas!)	1 tsp orange extract (optional)
¼ cup ground flax seed (optional)	¼ cup pecans or walnuts (optional)
2 ½ cups old-fashioned rolled oats	



Blend together everything but the oats, preferably in a food processor, but a blender will work. Then add oats about ½ cup at a time, blending with each addition of oats, till a pancake-like batter forms. If too thick, add more plant-based milk. Pour portions of batter into waffle maker, or onto pan for pancakes. Spray nonstick spray if needed (sometimes batter will stick to waffle iron, use spatula to encourage its release). Top with blueberries, jam, almond butter, or a bit of syrup and enjoy!

### Oat Milk<sup>2</sup>

- Steel-cut, whole groats, or rolled oats
- Water

Use one part oats to two parts water. Soak oats in water overnight till oats have absorbed the water. Blend oats in blender till smooth. Drain through a fine strainer or cheesecloth – the liquid is your oat milk! The strained mush can be treated like porridge/oatmeal and eaten for breakfast, added to cereal, or used in baking. Add some maple syrup or cocoa powder to your milk for some added flavor!

**PARENTS: Blenders** are our best friends when we include plant-based snacks and meals in our dietary plans. Yes, some are very expensive, but some affordable “bullet” blenders can do the job of blending the nutritious vegetables and fruits included in these recipes.

Look for affordable “bullet” blender brands such as Oster, Hamilton Beach, KitchenSmith, and Bella for some that are *less than \$20!*

### Home-popped Popcorn!<sup>3</sup>

- ¼ cup popping corn
- 2 tsp olive oil (enough to cover kernels but not saturate them)
- Lunch-size brown paper bag

In a mixing bowl, drizzle olive oil over kernels, and toss until coated. Place the kernels in the paper bag, and roll the top of the bag over twice (if you have tape, tape the fold to ensure it stays closed). Place the bag in the microwave, seam side down, and cook on high for 2 minutes (keep an eye on/ear out for the popcorn and make sure you remove it when it gets close to stopping popping so you don’t burn it!). Sprinkle with your favorite seasoning (see below) or enjoy plain!

- Sprinkle cinnamon on top
- Squeeze some lime and add chili powder or curry powder
- Add a sprinkle of parmesan cheese
- Add a sprinkle of your favorite spice – onion powder, garlic powder, dried herb mix, or any other – experiment!!!



<sup>1</sup>From Dr. Danielle Hollar’s recipe files.

<sup>2</sup>Adapted from: <https://www.treehugger.com/green-food/8-things-know-about-oat-milk-plus-how-make-your-own.html>

<sup>3</sup>Recipe adapted from: <https://wholegrainscouncil.org/blog/2012/03/popcorn-perfect-snack-food>

Seasoning suggestion adapted from, and photos found at:

<https://www.onegoodthingbyjillee.com/homemade-microwave-popcorn>