

## Whole Grain Station

**Objective:** To teach and show observers how to identify if a product is truly whole grain using the nutrition facts label. This station will provide basic nutritional benefits of eating whole grains, recommendations for how much fiber to eat each day, serving sizes of grain products and budget considerations incorporated into the talking points below. Guests will receive a recipe that uses a whole grain product.

**Set up and supplies needed:** Demonstration table with tablecloth, food service nonlatex gloves, knives for slicing, examples of whole grain products such as 100% whole wheat bread, English muffins, and/or whole wheat bagels and recipe cards to give away, and paper napkins or small sample cups for providing bread samples.

### **Recipe: English Muffin Breakfast Sandwich**

Servings: 1

**Approximate Nutrition Information:** Calories 285; Fat 10g (32%); Protein 22g; Fiber 8g

1 Oroweat Double Fiber English muffin or other whole grain muffin – toasted

1 large egg – scrambled in microwave (see below); seasoned with salt/pepper

2 tablespoons shredded 2% cheddar cheese

1 – 1 oz. slice Canadian bacon – warmed in microwave

Buttery spray

#### **Preparation:**

**Microwave scrambled egg:** In a small microwave safe bowl, place one whole egg, salt, pepper and 1 tablespoon water. Scramble egg mixture till combined. Heat in microwave on high for 45 seconds until all liquid from egg is cooked thoroughly (do not overcook). Use immediately.

Split the English muffin and toast it.

Spray toasted English muffin with buttery spray and top with cheese on one half. Place the slice of Canadian bacon on top of cheese and egg on top of bacon. Place other half of muffin on top of egg. Enjoy immediately!

### **Talking Points:**

#### **What makes a grain whole?**

- When breads, cereals, rice, pastas, etc. contain all three parts of the grain called endosperm, germ and bran, a product is considered whole.
- Enriched products, which comprise about 90% of the products on the grocery shelf, have been more highly processed and refined. The grain has been stripped leaving only the starchier endosperm in the product. This refining or stripping of the grain gives it a very soft, moist and “melt in your mouth” kind of feel which is more quickly absorbed, causes blood sugar to spike and has little of the benefits of whole grain products.
- The only way to know if a product is really a “whole grain” is to look at the list of ingredients on the back of the package under the nutrition facts label and note whether the word “whole” is used before the name of the grain

in the first ingredient. To be a high-quality grain, it should be the first ingredient. For example, 100% stone ground **whole** wheat...or **whole** oat flour...**whole** wheat...etc.

- On the package's food label, look for products that have at least 3 grams of fiber, making it a good source. If it has 5 grams or more of fiber, it is considered an excellent source of fiber.

#### **Health and Nutritional Benefits of Whole Grains:**

- Whole grains have fiber which helps to increase a feeling of fullness, has cholesterol lowering benefits, increases digestive health (like a "scrub brush" for your digestive tract), aids in managing blood sugar levels and keeps you more regular.
- Whole grain products are high in B vitamins.

#### **Serving Sizes and Sources:**

- Women should eat approximately 20-25 grams/day of fiber and men should get approximately 30-35 grams per day.
- A serving size of a grain product is 1-1 oz. slice of bread, ½ of an English muffin, ½ of a mini-bagel, and ½ cup of rice or pasta.
- Try and make at least half the grain products you eat each day whole grain.
- Good sources of grain fiber are bread products, brown rice, whole grain cereals, whole wheat pastas and light popcorn.

#### **Budget considerations:**

- You can save money by buying sale items or store brands.
- Buy in bulk if there is a sale and freeze for later use.