



BENEFITS OF WHOLE GRAINS

Whole grains include all three parts of the grain kernel: the bran, germ and endosperm. With all parts present, whole grains pack a mighty punch in the nutrient content department. Along with being an excellent source of fiber, antioxidants and prebiotics, whole grains are also rich in B vitamins, magnesium, iron and vitamin E. Nutrient dense whole grains contribute to a balanced diet and overall health and may prevent chronic disease. By increasing them in your diet, you may help to reduce your risk for heart disease, diabetes, obesity, cancer and high cholesterol.

Whole grains are very versatile and there is a variety of them to choose from. They differ in their taste, texture, flavor and color but the one thing they all have in common is their rich nutrient content. Not only do they contribute to your overall long-term health, they keep your taste buds happy. Whole grains can be prepared in an assortment of ways and can easily be added to soups, salads and casseroles or used as side dishes. Make at least half of your grains whole grains every day to positively impact to your health.

HOW TO COOK WHOLE GRAINS

Whole grains can be prepared in a variety of ways, the easiest being purchasing pre-cooked grains which can be found in your local grocer's grain aisle. Products such as "90-second brown rice" or "quick cooking oats" are available in most grocery stores.

Alternatively, consider buying whole grains in their simplest form. Most grain products bought at the store will have cooking instructions on the container. For the more adventurous soul buying grains out of bulk containers, some quick tips for preparation include:

- Boil them like you would rice, add water or broth to a pan and bring to a boil and then allow the grains to simmer until they turn tender.
- Brown the grains for a short time in a saucepan, then add broth or water and allow the liquid to be fully absorbed before the grains are done.

SWAP THIS WITH THAT

Whole grains can easily be swapped with white flour or refined grains. Try adding oats to recipes (such as chocolate chip cookies) by using them in place of up to half the flour. Another way to sneak whole grains into your diet is by adding uncooked oats to ground meat when making meatballs, burgers or meatloaf. Whole grain or whole wheat breads are an easy switch to make, and substitute at least half of your white pasta for whole wheat pasta to reach your daily whole grain goals.

WHERE TO BUY WHOLE GRAINS

Purchase your favorite whole grains at your local grocery store. Utilize your local farmer's markets for homegrown options to add to your pantry at home.

WHOLE GRAINS – HEALTH BENEFITS



QUINOA

Considered a pseudo-cereal, the whole quinoa plant can be eaten including the leaves. Quinoa has been designated by the United Nations as a “super crop” because of its ability to grow in tough climates with minimal resources. Quinoa is gluten-free which makes it popular among the celiac disease and wheat intolerance communities.

Quinoa is rich in protein as well as potassium which is shown to control blood pressure. Quinoa is also rich in fiber, iron and several B vitamins.¹



FARRO

Farro encompasses three types of ancient wheat including einkorn, emmer and spelt. According to research, farro has shown to be high in antioxidant content and contains magnesium, selenium and zinc- trace minerals needed for several body functions. Farro is not gluten-free.²

ENJOY THEM THIS WINTER, IN GOOD HEALTH!

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GRAIN MEDLEY: SPELT (FARRO), FREEKEH, BLACK PEARLED BARLEY

Barley is rich in fiber, B vitamins, calcium and several trace minerals. This grain is reported to contribute to good bone health by way of these nutrients. It is not considered gluten-free.³



FREEKEH

Deemed an ancient grain, freekeh is most typically derived from the wheat grain and made through the process of picking young grain plants then roasting and rubbing the grain off the wheat head. Therefore, freekeh is not considered gluten free. Freekeh is high in protein and fiber, and low on the glycemic index profile. Due to the time-period of its harvest, freekeh is considered to be more nutrient dense than other whole grains, contributing to a greater “bang for your buck” when consumed.⁴

WINTER PROMOTION HIGHLIGHTS – ADDITIONAL HEALTH BENEFITS



BEETS

Boost potassium, magnesium and vitamin C in your diet with golden beets. What gives them their striking color? Antioxidant and anti-inflammatory pigments called betalains.



PEPITAS (PUMPKIN SEEDS)

Sprinkle these seeds on salads, soups and oatmeal or grab a handful for a quick snack. Garnishing your meals with this tasty little seed may help control blood pressure and maintain good bone health.



ARTICHOKES

Grab some artichokes for a good source of antioxidants and fiber. Did you know? One medium artichoke has more fiber than a cup of prunes!



PERSIMMONS

Known for their sweet, honey-like flavor, persimmons can be eaten fresh, dried or cooked and can be used in jellies, pies, curries and pudding. Just one persimmon contains over half of the recommended intake of Vitamin A, which is vital for immune function, vision and fetal development.



BUTTERNUT SQUASH

Add this favorable winter squash to any recipe whether you're making a soup, pasta sauce, or roasting with olive oil as a tasty side dish. Welcome the fall season with butternut squash for a good source of antioxidants, vitamin C, vitamin E and beta-carotene. Long term health benefits may include reducing risk for certain cancers, lowering risk of heart disease; and protecting against mental decline by enhancing memory recall, visual attention and verbal fluency during aging.



ROSEMARY

A member of the mint family, this herb is a good source of iron, calcium, and vitamin B6. Pair with chicken or lamb to put a fresh new spin on a conventional dish.

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