

Why Whole Grains? + Live Demo

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Objectives

- Identify the key edible parts of a whole grain and explain why they are important.
- Discuss the health benefits of consuming whole grains.
- Explain how to select a whole grain.
- Summarize whole grain options and how they can be incorporated into scratch recipes and culturally inclusive menus.



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Professional Standards – Learning Codes

- Nutrition 1000
 - Menu Planning (1100)
 - General Nutrition (1300)

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Why Whole Grains?



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Current Intake



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Ultra-Processed Foods



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Educate



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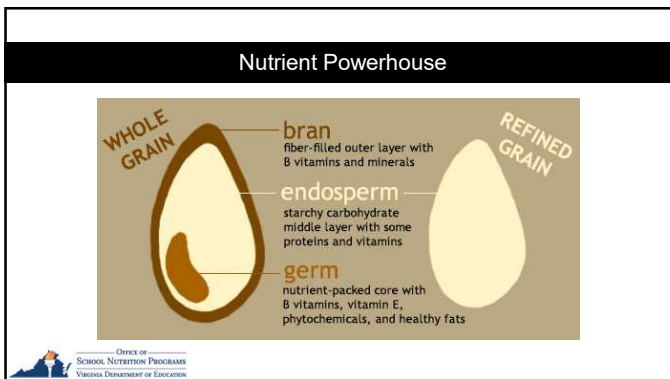
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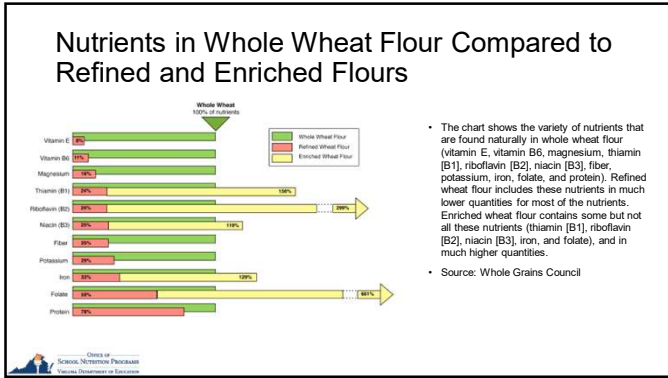
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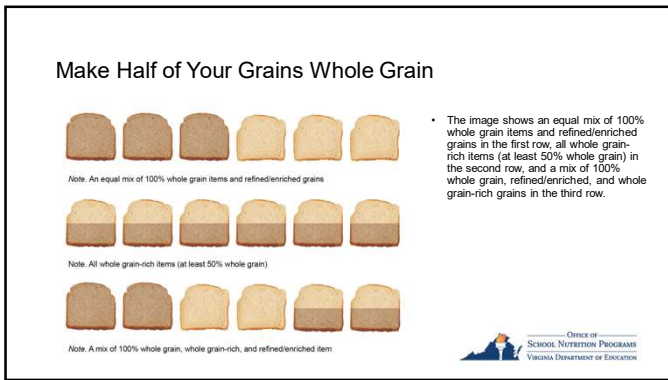


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- The chart shows the variety of nutrients that are found naturally in whole wheat flour (vitamin E, vitamin B6, magnesium, thiamin [B1], riboflavin [B2], niacin [B3], fiber, potassium, iron, folate, and protein). Refined wheat flour includes these nutrients in much lower quantities for most of the nutrients. Enriched wheat flour contains some but not all these nutrients (thiamin [B1], riboflavin [B2], niacin [B3], iron, and folate), and in much higher quantities.
- Source: Whole Grains Council

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- The image shows an equal mix of 100% whole grain items and refined/enriched grains in the first row, all whole grain-rich items (at least 50% whole grain) in the second row, and a mix of 100% whole grain, refined/enriched, and whole grain-rich grains in the third row.

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Health Benefits of Whole Grains

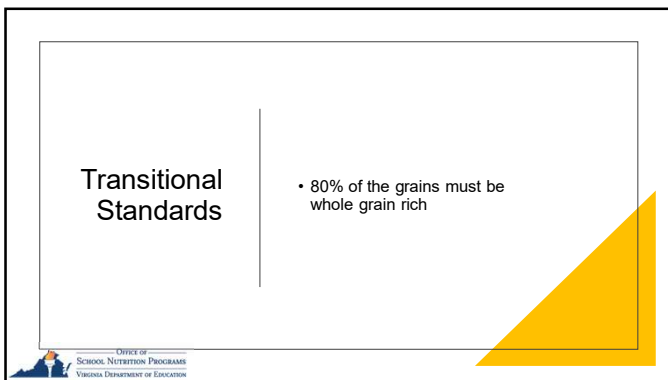
- Improve digestive health
- Reduce the risk of chronic diseases
- Promote weight management
- Reduce inflammation

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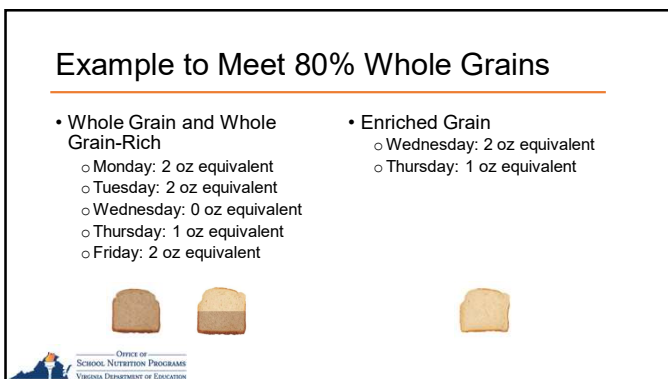
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Example to Meet 80% Whole Grains

- Whole Grain and Whole Grain-Rich
 - Monday: 2 oz equivalent
 - Tuesday: 2 oz equivalent
 - Wednesday: 0 oz equivalent
 - **Thursday: 2 oz equivalent**
 - Friday: 2 oz equivalent
- Enriched Grain
 - Wednesday: 2 oz equivalent
 - **Thursday: 0 oz equivalent**



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Identifying Whole Grains

- First ingredient: "whole"

INGREDIENTS:
 WHOLE GRAIN WHEAT FLOUR,
 WATER, SUGAR, WHEAT GLUTEN,
 SOYBEAN OIL, NATURAL FLAVOR,
 SEA SALT, YEAST, CULTURED
 WHEAT FLOUR, MOLASSES, SOY
 LECITHIN, RAISIN JUICE, VINEGAR,
 ASCORBIC ACID; TOPPED WITH
 WHEAT BRAN.

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Culinary Canvas

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Cultural Inclusivity



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Versatility



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Adaptability



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Familiarity



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Demo –
Nutty Asian
Noodles



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Let's chat!

- What action item can you take to add more whole grains to your menus?

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