



WHOLE GRAINS

Grains are the seeds of plants like barley, corn, oats, rice and wheat. All grains start out as whole grains. If, after milling, they keep all three parts of the original grain - the starchy endosperm, the fiber-rich bran and the germ they still are whole grains.

The Dietary Guidelines recommend Americans “make half their grains whole”. This means most people should eat three or more servings of whole grains each day.

What is a serving of whole grain?

The Dietary Guidelines define a serving (or one ‘ounce-equivalent’) of grain as:

- 1 slice of 100% whole grain bread
- ½ cup of 100% whole grain hot cereal, cooked pasta, rice or other grain.

Storing Whole Grain Foods

- Keeping bread in the refrigerator slows down mold growth but causes bread to go stale faster.
- If bread is not going to be eaten within a week, store in the freezer.
- Store uncooked cereal, rice and pasta at room temperature in tightly closed container.
- Store whole grain flours in tightly sealed containers in the refrigerator or freezer to extend shelf life.

Whole grains provide fiber, vitamins and minerals plus high levels of antioxidants and other healthy plant-based nutrients.

Look to the label to find Whole Grains

- Choose foods that name one of the following whole-grain ingredients **FIRST** on the label’s ingredient list: brown rice, bulgur, graham flour, oatmeal, whole-grain corn, whole oats, whole rye, whole wheat and wild rice.
- Foods labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually **NOT** whole-grain products.
- Color is **NOT** a sign of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
- High fiber does not always equal whole grains. Check the ingredient list for whole grains among the first ingredients.
- Whole grains can be added to your meals without cooking. Choose breads, breakfast cereals, and other prepared whole grain foods.
- Check the label for serving sizes. Sometimes 2 slices of bread are listed as one serving.

Cooking Whole Grains

To 1 cup of this grain....	Add this much water or broth:	Bring to a boil, then simmer for:	Amount after cooking:
Barley, hulled	3 cups	45-60 minutes	3½ cups
Buckwheat	2 cups	20 minutes	4 cups
Bulgur	2 cups	10-12 minutes	3 cups
Cornmeal (polenta)	4 cups	25-30 minutes	2½ cups
Couscous, whole wheat	2 cups	10 minutes (heat off)	3 cups
Oats, steel cut	4 cups	20 minutes	4 cups
Pasta, whole wheat	6 cups	8-12 minutes (varies by size)	Varies
Rice, brown	2¼ cups	50-60 minutes	3-4 cups
Rice, brown (instant)	1 cup	10 minutes	1½ cups
Wheat berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wild rice	3 cups	45-55 minutes	3½ cups

Tips for success when cooking or baking with whole wheat flour:

- Substitute an equal part of whole wheat flour for white flour. In other words, if a recipe calls for 2 cups of white flour, use 1 cup of white flour and 1 cup of whole wheat flour.
- Whole wheat flour is more dense than white flour so when making bread, lessen the density by sifting the flour a couple of times. This helps add more air into the dough.
- If there is no white flour in your recipe, the end product maybe a bit drier than normal. There are two ways to avoid this: adjust your baking time and take the bread or muffins out of the oven sooner, or increase your wet ingredients slightly.
- Avoid overmixing when you use whole wheat flour in baked goods such as cookies or muffins. Too much mixing will cause the flour to form glutens, which gives you a tougher, chewier end product.

Oatmeal

Yield: 2 cups • Serving: 1 cup

2 cups water
1 cup oats

1. Bring water to a boil.
2. Add oats and cook over low heat. For Old Fashioned oats cook 3 to 5 minutes. For Quick Cooking oats cook 1 to 2 minutes

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