



Exploring MyPyramid with Professor Popcorn

Make Half Your Grains Whole

Dear Parents and Caregivers,

In this lesson we discussed the grain group. Grains come from plants. The most popular grains in America are wheat, rice, corn and oats. Some foods that are made from these are bread, pasta, cereals, tortillas, rice cakes, popcorn, crackers and brown rice.

Sincerely,

What is a whole grain?

Whole grain foods contain all three parts of the grain—the bran, endosperm, and germ. Grains that are not whole contain only the endosperm. Often foods that are not whole grain will list the ingredients as enriched. Enriched means adding back nutrients (such as B vitamins to white flour) that were lost during processing. Whole grains are the healthiest for you.



Examples of Whole Grain foods are:

- 100% Whole Wheat Bread
- Oatmeal
- Popcorn
- Brown or Wild Rice
- Toasted Oat Cereal
- Whole Wheat Pasta

How Much is an Ounce?

Children 6 to 12 years old who are moderately active (exercise at least 30 minutes a day) should have 5 ounces of grain each day.

Adults who are moderately active should have 6 ounces of grain each day.



1 slice of bread
= 1 ounce

1 cup ready-to-eat
cereal = 1 ounce



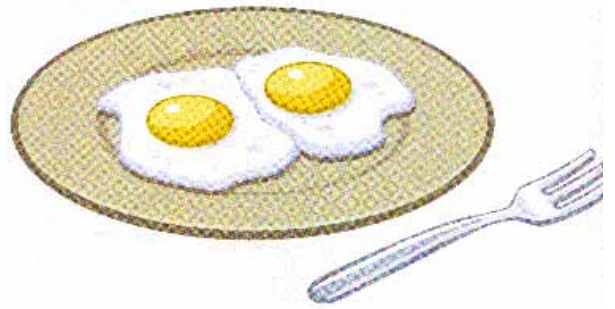
1/2 cup
cooked rice
or cooked pasta
= 1 ounce



Jump Start Your Day with Breakfast!

In our fast paced world breakfast is often the meal neglected. Here are some ideas on how to make breakfast happen in your home.

- Plan ahead—stock up on quick-to-fix foods such as bagels, English muffins, fresh fruit, yogurt, cottage cheese, cheese sticks, dry cereals, granola bars and breads.
- Make it special—put some variety in your breakfast and still make it quick. Try a new cereal, a special flavor yogurt, dried fruit pieces cooked in hot cereal, and different blends of juices.



- Bend a few rules—kids love this one! Have a nontraditional food for breakfast like pizza, burritos, deviled eggs, peanut butter and banana roll-ups or fruit with yogurt dressing.
- No time to cook? Serve “planned over foods” from the day before. Soups, pizza, or even casseroles can be a healthy start to the day.
- Pack a breakfast for the road. It will save time, money, and calories over a fast-food breakfast!



Berry Smash Muffins

Makes 12 muffins

$\frac{1}{2}$ cups strawberries
 $\frac{2}{3}$ cup sugar
 $\frac{1}{3}$ cup vegetable oil
2 eggs

$\frac{3}{4}$ cups whole wheat flour and $\frac{3}{4}$ cups white flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon baking soda

1. Heat oven to 425°. Put a paper baking cup in each of 12 regular-size muffin cups, or grease just the bottoms of 12 muffin cups.
2. Slightly smash strawberries in large bowl, using fork. Stir in sugar, oil and eggs until mixed. Stir in other ingredients just until moistened. Spoon batter into muffin cups.
3. Bake 15 to 18 minutes or until light golden brown or toothpick inserted in center comes out clean. Cool 5 minutes. Loosen sides of muffins and remove from pan.

TIP: If you do not have fresh strawberries, you can use frozen strawberries that you have thawed and drained.

Nutrition Facts: One serving provides: 190 Calories, 7g total fat, 35mg cholesterol, 160mg sodium, 30g total carbohydrates

Source: Gold Medal Flour, Rainbow Bakery Cookbook



Resources: <http://www.mypyramid.gov>; Professor Popcorn, Purdue University; and [Meet the Grain Group](#), Alice Henneman, University of Nebraska-Lincoln Extension

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