GRAIN group

http://www.21stcenturyoncology.com/Libraries/Therapies_Images/nutrition-grains.sflb.ashx
Foods in the Grain Group

http://www.redwoods.edu/Departments/Distance/Share/FoodPyramid/image_grains.png
How much should we eat each day?

6 SERVINGS EACH DAY!

Examples of one serving of whole-grains:

- 1/2 bowl brown rice
- 2 slices wholemeal bread
- 1/2 bowl brown rice beehoon or whole-wheat spaghetti
- 2 chapatis
- 2/3 bowl uncooked oats (50g)
- 4 whole-wheat biscuits

http://www.askdrrichardwilliams.com/category/sunday-chat/
Whole versus Refined Grains

Grains are divided into two groups:

- whole grains
- refined grains
WHOLE VS. REFINED

Whole GRAIN : MADE FROM ENTIRE GRAIN SEED (KERNEL). -BRAN, GERM, ENDOSPERM

REFINED GRAIN: MILLED, REMOVING THE GERM AND BRAN.

http://www.bonfirehealth.com/files/useruploads/images/grain.jpg
Anatomy of a grain

Bran: protects the seed
- Fibre
- B vitamins
- Minerals

Germ: nourishment for the seed
- B vitamins
- Vitamin E
- Minerals
- Phytochemicals

Endosperm: energy for the seed
- Carbohydrates
- Some protein
- Some B vitamins

The bran and germ are removed when wholegrains are refined.
WHOLE GRAIN UNSCRAMBLE

1.) **ICRE**
   My color can be either white or brown and I am the most eaten grain in the world.

   ____ ____ ____ ____

2.) **RCAEEL**
   A grain eaten in the morning with milk.

   ____ ____ ____ ____ ____ ____

3.) **NRPOPOOC**
   A grain usually eaten at movie theatres.

   ____ ____ ____ ____ ____ ____ ____
WHOLE GRAIN UNSCRAMBLE

4.) LAEMTAO
A whole grain that is served hot and eaten at breakfast. Some people add milk or fresh fruit to this whole grain.

5.) RFBEI
Helps to maintain intestinal health. Found in fruits, vegetables, nuts and seeds, legumes, and whole grains.

6.) OWHEL NRGIA
Contains the entire grain kernel.
PASTA VARIETY

**Alphabets** - This favorite kids’ shape is usually used in soups for a fun meal anytime.

**Elbow Macaroni** [mack-a-ROW-nee] (“Dumpling”) - A highly versatile shape that can be topped with any sauce, baked, or put in soups, salads and stir-fry dishes.

**Rotini** [row-TEE-nee] (“Spirals” or “Twists”) - Rotini’s twisted shape holds bits of meat, vegetables and cheese, so it works well with any sauce, or you can use it to create fun salads, baked casseroles, or stir-fry meals.

**Angel Hair, Capellini** [CAP-a-lee-nee] “Fine Hairs”) - Thin, delicate strands are best if used with thicker, delicate sauces. Other uses: break in half and put in soup; use in salads or stir-fry meals.

**Manicotti** [man-a-COT-tee] (“Small Muffs”) - Stuff Manicotti with a mixture of meat, cheese and vegetables, top with your favorite sauce, and bake. Or stuff and freeze for a later time.

**Jumbo Shells, Conchiglie** [Kon-KEEL-yeh]- Best when stuffed with your favorite mixtures of cheese, meat and vegetables. For fusion cuisine, stuff with meat flavored with taco seasoning and top with salsa.

http://www.ilovepasta.org/shapes.html
### PASTA VARIETY

<table>
<thead>
<tr>
<th><strong>Bow Ties, Farfalle</strong> [far-fah-LAY] (“Butterflies”)</th>
<th><strong>Medium Egg Noodles</strong> (From “Nudel,” German meaning paste with egg)</th>
<th><strong>Medium Shells, Conchiglie</strong> [Kon-KEEL-yeh] (“Shells”)</th>
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</thead>
<tbody>
<tr>
<td>Bow Ties brighten any meal with their interesting shape. Thick enough for any sauce, or make into a salad or soup.</td>
<td>This size of Egg Noodle can be baked, tossed in soups or salads, or topped with cream, tomato, cheese or meat sauces for a delicious meal.</td>
<td>Shells make a great addition to soups or as the base of a wonderful salad. Try remaking your favorite Macaroni and Cheese using Shells, for a fun twist on a time-honored tradition.</td>
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**Ditalini** [dit-a-LEE-nee] (“Little Thimbles”) - This versatile shape can be used as the base of any dish. Bake it, stir it into soups, or create great salads and stir-fry dishes.

**Wide Egg Noodles** (From “Nudel,” German meaning paste with egg) - Go beyond the traditional Stroganoff and use, Wide Egg Noodles to create soups, salads and casseroles. Or, top with any sauce and serve hot.

**Spaghetti** [spa-GET-tee] (“A Length of Cord”) - America’s favorite shape, Spaghetti is the perfect choice for nearly any sauce, or it can be used to make casseroles or stir-fry dishes. Go beyond tomato sauce and see what your favorite becomes.

http://www.ilovepasta.org/shapes.html
**PASTA VARIETY**

**Fettuccini** [fet-a-CHEE-nee] ("Small Ribbons") - Perfect for heavier sauces, like cheese, meat and tomato sauces. For variety, try breaking in half and putting in soups, or use for a salad.

**Orzo** ("Barley") - This small, grain shaped pasta can be topped with any sauce, added to soups, or baked as a casserole. Perfect as a side dish as well as a main course.

**Vermicelli** [ver-ma-CHEL-ee] ("Little Worms") - Slightly thinner than Spaghetti, Vermicelli is good topped with any sauce, or as a salad or stir-fry ingredient.

**Fusilli** [foo-SILL-ee] ("Twisted Spaghetti") - This long, spiraled shape can be topped with any sauce, broken in half and added to soups, or turned into a beautiful salad. Fusilli also bakes well in casseroles.

**Penne, Mostaccioli** [mos-ta-CHOL-ee] ("Quills" and "Small Mustaches," respectively) - This tubular pasta goes well with sauce, used in salads, baked in casseroles, or made into stir fry dishes.

**Wagon Wheels, Ruote** [roo-O-tay] ("Wheels") - Wagon Wheels make interesting salads, casseroles and stir-fry dishes. Add to soups, or simply top with sauce and enjoy.

http://www.ilovepasta.org/shapes.html
PASTA VARIETY

Lasagne [la-ZAHN-ya] (From “lasanum,” Latin for pot) - Create new Lasagne casseroles by using chopped vegetables, cheeses and any kind of sauce. You can also assemble your casserole and freeze it for later.

Radicatore [rad-ee-a-TOR-ay] (“Radiators”) - This ruffled, ridged shape adds elegant interest to any sauce. It also works well baked in casseroles, or used in salads and soups.

Ziti [zee-tee] (“Bridegrooms”) - A medium-sized, tubular pasta shape, Ziti is perfect for chunky sauces and meat dishes. It also makes wonderful salads, baked dishes and stir-fry meals.

Linguini [lin-GWI-nee] (“Little Tongues”) - A great shape for all sauces. Also a good choice for salads and stir-fry dishes.

Rigatoni [rig-a-TONE-ee] (“Large Grooved”) - Rigatoni’s ridges and holes are perfect with any sauce, from cream or cheese to the chunkiest meat sauces.

http://www.ilovepasta.org/shapes.html