



News Flash Whole Grains are Healthy!

WHOLE GRAINS are nutritionally superior to refined grains. They are rich in protein, dietary fiber, antioxidants, minerals and vitamins. In most grains, the starchy endosperm contains protein, carbohydrates, iron, B-vitamins and fiber. The germ, a tiny speck located at one end of each kernel, contains oil rich in health-promoting omega-3 fatty acids. The bran is one of the best sources of fiber available in the plant kingdom. When whole grains are refined, as much as half of their nutritional value is lost.

Of special significance is the fact that whole grains contain as much as four times more dietary fiber than their refined counterparts. Increasing fiber in the diet has been shown to reduce the incidence of coronary heart disease, obesity, diabetes and some forms of cancer. Studies have also shown that a diet including at least 3 servings of whole grains per day can reduce the risk of developing asthma, lower blood pressure and prevent gum decay.

Beginning **October 1, 2017**, a whole grain requirement will be part of the USDA Food Program. At least one



serving of grains per day must be whole grain-rich. Whole grain-rich foods contain 100 percent whole grains, or they contain at least 50 percent whole grains and the remaining grains in the food are enriched. This whole grain-rich requirement applies to meals served to children one year and up, not infants.

Providers can determine if a grain product meets the whole grain-rich requirement by reading labels.

- A product is whole grain-rich if whole grains are the primary

(continued on page 2)

DID YOU KNOW...

- You need about 20–35 grams of fiber a day.
- Most whole-grain sources yield 1–4 grams of fiber per serving.
- Whole wheat is one of the whole grains with the highest amount of fiber.
- Whole grains have a lot of health benefits and people who consume more whole grains reduce their risk for stroke, type 2 diabetes and heart disease by 22 to 30%.
- Sprouted wheat is a whole grain.
- Multigrain foods may contain little or no fiber, so look for “whole grain” on the label.
- Some breads are just white bread colored brown.

scdhec.gov, getthehealthyharlem.org, webmd.com

Quotable Quotes

“*The trouble with eating Italian food is that five or six days later you’re hungry again.*”

– George Miller

INSIDE:

- Whole Grain-Rich Q&A
- Activity Corner
- Whole Grain Recipes
- Food Funny

Whole Grains are Healthy!

— Continued from front page

ingredient by weight and all grains in the food that are not whole grain are enriched (e.g., enriched flour).

- Look for a whole grain to be listed as the first ingredient on the product's ingredient list or second ingredient after water to determine the product is whole grain-rich. Some examples of whole grain ingredients are whole wheat, brown rice, wild rice, oatmeal, bulgur, whole-grain corn and quinoa.
- When a whole grain is not listed as the first ingredient, the primary ingredient by weight may be whole grains if there are multiple whole-grain ingredients and the combined weight of those whole grains is greater than the weight of the other ingredients. For example, a bread may be made with three grain ingredients: enriched wheat flour (40% of grain weight), whole-wheat flour (30% of grain weight) and whole oats (30% of grain weight). This bread meets the whole grain-rich criteria because the combined weight of the two whole-grain ingredients is greater (60%) than the enriched wheat flour (40%), even though the enriched wheat flour is listed first on the ingredient list.
- A mixed dish may count when the first grain ingredient listed on the product's ingredient list is the whole grain or multiple whole grains are the primary grain ingredient by weight. Proper documentation from the manufacturer or a recipe, for foods prepared by a CACFP provider, is used as the basis for calculating whether the total weight of the whole-grain ingredients is higher than the total weight of the grain ingredients that are not whole grain.
- A product is whole grain-rich if it includes one of the following Food and Drug Administration approved whole-grain health claims on its packaging:
 - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers.”
 - “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

To ensure compliance with the whole grain-rich requirement Providers must document on their menu when a grain is whole grain-rich. This could be as simple as writing “whole wheat” in front of “bread” so that the menu item reads “whole wheat bread.” Writing “whole grain-rich” in front of a food item, such as “whole grain-rich bagels,” is also acceptable. Providers claiming on-line, will need to specify a whole grain when a whole grain-rich item is served.



For children's meals and snacks, Providers must serve at least one whole grain-rich food each day. Requiring that at least one grain served per day be whole grain-rich, instead of 100% whole grain, gives Providers flexibility in choosing what grains they serve while still offering the nutritional benefits of whole grains. This flexibility will make it easier to find grain products that meet the updated meal pattern requirements.

— Adapted from USDA memo CACFP 02-2017 and www.foodnetwork.com

KIDS' HEALTH & SAFETY

Whole Grain-Rich? Questions & Answers

Q How will Providers identify whole grain-rich foods?

A If a whole grain is listed as the first ingredient on the product's ingredient list or the second ingredient after water, then the product meets the whole grain-rich criteria. Providers can also request manufacturer documentation demonstrating that whole grains are the primary grain ingredient by weight. For foods prepared by a Provider, a recipe can be used to determine that whole grains are the primary grain ingredient by weight. Additionally, Providers can look for one of the FDA approved whole-grain health claims on packaging.

Q Can Providers use the Whole Grain Stamp (from the Whole Grain Council) to determine if a grain product meets the whole grain-rich criteria?

A No. While the Whole Grain Stamp provides useful information on the amount of whole grains a product contains, Providers must still use the above criteria to determine if a product is whole grain-rich.

Q Do grain products have to be 100% whole grain to meet the whole grain-rich requirement?

A No, grain products do not need to be 100% whole grain to meet the whole grain-rich criteria. Whole grain-rich foods must contain at least 50% whole grains and the remaining grains, if any, must be enriched.

Q Are fully cooked grain products, such as whole grain pasta, whose ingredient list has water as the first ingredient and a whole grain as the second ingredient, considered whole grain-rich?

A Yes, a grain product is considered whole grain-rich if water is listed as the first ingredient and a whole grain is listed as the second ingredient on the ingredient list.

Q Can wheat bread and rolls labeled as "100% whole wheat" be used to meet the whole grain-rich requirement?

A Yes, grain products that are specifically labeled as "whole wheat bread," "entire wheat bread," "whole wheat rolls" and "entire wheat rolls," are 100% whole wheat and are easily identifiable as meeting the whole grain-rich requirement. These products will not have any refined grains listed in the ingredient statement.

Q In a recipe for bread, would ingredients listed as 2 cups of whole-wheat flour and 2 cups of enriched white flour meet the whole grain-rich requirement?

A Yes, as long as there are no other grain ingredients, which are not whole grain, it would meet the whole grain-rich requirement. This is because it contains at least 50% whole grains and the remaining grains in the food are enriched.

Q Do Providers have the discretion to choose which meals will include a whole grain-rich grain?

A Yes, Providers may choose to serve a whole grain-rich item at any meal or snack as long as one grain per day is whole grain-rich. For example, a Provider may serve a whole grain-rich cereal at breakfast one day and a whole grain-rich pasta at lunch the next day.



Whole Grain Strawberry Pancakes

Whole wheat flour	1½ cups	TOPPINGS:	
Sugar	3 Tbsp	Strawberries, sliced	4 cups
Baking powder	1 tsp	Strawberry yogurt	1 cup
Baking soda	½ tsp		
Salt	½ tsp		
Eggs	3		
Strawberry yogurt	⅔ cup		
Water	¾ cup		
Canola oil	3 Tbsp		

1. Grease skillet and heat over medium-high heat.
2. In a large bowl mix together flour, sugar, baking powder, baking soda and salt, set aside. In a medium bowl, beat eggs, ⅔ cup yogurt, water and oil with a whisk until well blended. Pour egg mixture into flour mixture all at once and stir until just moistened.
3. Using about ¼ cup batter, brown pancakes in hot skillet for 1–2 minutes on each side. Serve with a dollop of yogurt and ½ cup sliced strawberries.

Yield: 8 servings

Meets requirement for whole grains and fruit

— *Bettycrocker.com*

Tutti Frutti Rice Salad

Brown rice, cooked, cooled	3 cups
Cranberries, dried	¾ cup
Mango, chopped	1 large
Pecans, toasted	½ cup
Parsley, fresh, chopped	¼ cup
Raspberry vinaigrette dressing	½ cup
Black pepper	½ tsp

1. In a large bowl, combine all ingredients.
2. Toss well. Garnish with extra parsley if desired.

Yield: 6 servings

Meets requirement for whole grains and fruit

— *oldwayspt.org*

ACTIVITY CORNER

3 New Ways to Play Red Light, Green Light

This classic childhood game that challenges kids to make it across a field, without being spotted by the “traffic cop,” can be changed up for more fun.

The first twist is playing the game with soccer balls. When the person acting as the traffic light calls out “red light” and turns around, the children dribbling the ball must stop the ball with their feet. A great drill for young players as it teaches them how to stop the ball and keep it close.

The second variation is a lot of fun and possibilities are almost endless. At the start of each game, declare a new and different action, skip, hop, walk backward, crawl, crab walk or dance.

Lastly, practice letter sounds. Pick a letter at the beginning of the game. When red light is called, the runners have to stop and quickly say a word that begins with that letter. If they repeat a word or say a word that begins with a different letter, it’s back to the start!



Child Health & Nutrition Program
 1035 Detroit Avenue, Suite 200
 Concord, CA 94518
 (925) 676-6117 (Fax) 676-5829

Program Director Paula James
 Office Manager Moe Satcher
 Graphic Designer Abe Cruz
 Co-Editor Donna Green, RD
 Supervisor, Co-Editor Catherine Stafford
CHILD HEALTH & NUTRITION SPECIALISTS
 Alejandra Marín Santos
 Cecilia Sequeira
 Chareshma Thadani

Food Why doesn't bread like warm weather?
Funny Things get toasty!