



Nutrition Adventure: Kira's Whole Grain Treasure Hunt

Every time you go to the market hunt out and buy one of these whole grains. Check off your list once you try it. Challenge yourself to check them all off.

- | | |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Wild Rice |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Popcorn |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Bulgur |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Brown rice |
| <input type="checkbox"/> Quinoa | |
| <input type="checkbox"/> Rye | |
| <input type="checkbox"/> Muesli | |
| <input type="checkbox"/> Sorghum | |
| <input type="checkbox"/> Teff | |
| <input type="checkbox"/> Triticale | |
| <input type="checkbox"/> Oatmeal | |



100% Whole Grains for the Super Crew

Whole Grain Pizza

The Super Crew® loves whole grain pizza.

Have an adult help you gather the ingredients and prepare this recipe. Makes one individual pizza. Move oven rack to a higher position and set oven to "Broil."

Equipment:
1 cookie/baking sheet

Ingredients:
1 8" whole wheat tortilla (or spelt/corn tortilla or whole wheat pita)
¼ Cup Pizza sauce
¼ Cup Low-fat mozzarella cheese, shredded
¼ Cup Pizza toppings (e.g. onion, bell peppers, olives, tomatoes, pineapple, mushrooms)

Directions:

1. Place tortilla on cookie sheet and toast under broiler until lightly brown.
2. Spread pizza sauce evenly on tortilla, then add your favorite toppings.
3. Sprinkle the pizza with mozzarella.
4. Place sheet pan back under broiler until the cheese melts. About 2-5 minutes.
5. Carefully remove pizza from oven (or toaster oven). Let sit for 2-3 minutes to cool. Enjoy!



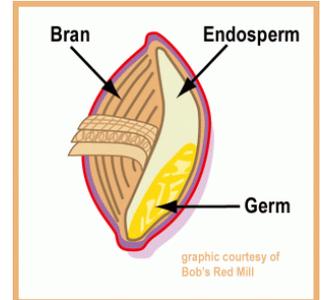


Kira's Whole Grain Adventure

Kira says, "Make mine with whole grains, please!"

- What is a whole grain?

- All grains grow from the soil as whole grain.
- Whole grains are made up of three layers:
 - Bran: contains vitamins, antioxidants, fiber
 - Endosperm: contains carbohydrates and protein. It is the part used to make flour.
 - Germ: contains vitamins, minerals, protein & healthy fats.



- Why eat whole grains?

- They give you long-lasting energy.
- Fiber lowers your risk of heart disease, diabetes & stroke.
- Aids in weight management because the fiber keeps you feeling fuller, longer.

- How much should you eat?

- At least 3 servings a day. Make at least half your grains whole!

- What is a serving of a whole grain?

- 1 oz. whole grain ready-to-eat cereal
- ½ cup whole grain cooked cereal
- 1 oz. slice whole wheat bread
- ½ cup cooked brown rice
- ½ cup cooked whole wheat pasta
- 2 cups air popped popcorn
- 1 oz. whole grain crackers



- What to look for at the grocery store

- Look for the 100% **WHOLE** grain stamp
- Read the ingredient list – look for the word "**WHOLE**" or "**100% WHOLE**". It should be the first ingredient listed.

- False Advertising

- Many packages may say "**WHOLE**" grain but the food really contains a small amount of whole grain. Sometimes as little as ½ teaspoon. Make sure the "**WHOLE**" grain is the first ingredient on the list and maybe even the first two ingredients.
- Steer clear of products that list "enriched flour," "wheat flour" or "de-germinated"; these are not whole grains.
- Just because the product is brown, doesn't mean it is healthy. The color may come from added sugars or colors.