

Why Eat Whole Grains?

Whole grains are nutritional powerhouses. When you eat the whole grain you get the whole kernel, with the outer bran and the germ, and all the nutritional benefits inside. They are packed with vitamins, minerals, fiber and protein. Make a long-term goal of half your grain servings coming from whole grains.

Whole grains keep you full longer and can be eaten at any meal ... even for snacks and dessert!

Look for these whole grain stamps when shopping.



“Basic Whole Grain” stamp. Only some for the grain is whole grain.



“100% Whole Grain” stamp. ALL the grain is whole grain.

What whole grains will you experiment with today?

- ✓ Whole-grain barley
- ✓ Buckwheat
- ✓ Bulgur
- ✓ Brown Rice
- ✓ Wild Rice
- ✓ Quinoa
- ✓ Millet
- ✓ Popcorn
- ✓ Whole Oats/Oatmeal
- ✓ Whole-grain corn



FINDING TIME TO PREPARE WHOLE GRAINS

Presoak long-cooking whole grains



After rinsing grains, soak whole grains with allotted amount of water in pot overnight prior to cooking. This will shorten cooking time.

Put steel cut oats on stove to soak overnight or soak grains during the day for dinner that night.

Use Quick cooking whole grains

These whole grains cook up in 15 to 20 minutes or less:
Quinoa, bulgar, polenta, millet, buckwheat, and whole wheat couscous.

Look for quick cooking whole grain products in your local market



Trader Joes has frozen cooked steel cut oats and frozen organic cooked brown rice.

Cook in batches



Grains keep 3-4 days in your fridge and take just a few minutes to warm up with a little added water or broth.

Freeze: Let grains cool, store in plastic freezer bags. Lay flat and stack in freezer.
To thaw: Microwave or heat over low heat in a sauce pan with a little liquid.

- Use the leftovers to toss in soups and salads.
- Make cold grain salads (mix with chopped veggies, herbs, spices and a little dressing).
- Eat as a hot cereal in place of oatmeal (add fresh and/or dried fruit, nuts, cinnamon and a little honey).

