

A top-down view of various whole grains and grain products. In the top left, there are several flatbread-like items covered in sesame seeds. Next to them are some round, light-colored seeds. In the top center, there's a bundle of long, thin, light-colored grains. To the right, a wooden spoon is filled with small, light-colored seeds. Further right, there's a pile of small, light-colored seeds. In the bottom left, there's a stack of sliced whole-grain bread. In the bottom center, there's a roll of flat, light-colored pasta. In the bottom right, there's a pile of small, light-colored seeds and some wheat stalks. The background is a dark, textured surface.

OLDWAYS
WHOLE
GRAINS
COUNCIL



Whole Grain Demo Kit

Whole Grain Demo Kit

USE THIS KIT TO:

- **Talk** about whole grains at a health fair
- **Host** a whole grain cooking demonstration
- **Plan** an event for Whole Day for Whole Grain, Whole Grains Month, National Nutrition Month, or International Whole Grain Day

THIS KIT INCLUDES:

Event Sign

Handouts for Participants

Key Speaking Points:

- Introduction to Whole Grains
- Recipe speaking points
- Whole Grain FAQs

4 Demo-Friendly Recipes

- Tabbouleh
- Amaranth Porridge with Coconut Milk & Chia Seeds
- Bulgur Vegetable Uppama
- Maple Walnut Teff Porridge

Enhance your Whole Grain demo with a *poster*, *trifold brochures*, and *MORE!*



Celebrate Whole Grains

Cooking Demo featuring Whole Grain Recipes from
Diverse Cultural Food Traditions

**Whole grains are not only healthy, they're
DELICIOUS and AFFORDABLE too.
Come watch – and taste – as we make simple dishes
your whole family will enjoy.**

Please join us for a
FREE COOKING DEMO

on: _____

at: _____

Learn more about the healthy and delicious whole grains at WholeGrainsCouncil.org



Ask an Expert



Is whole wheat flour a whole grain?



Does modern wheat have more gluten?



Why is fiber from whole grains important?



What is an ancient grain?



How do you store whole grains?



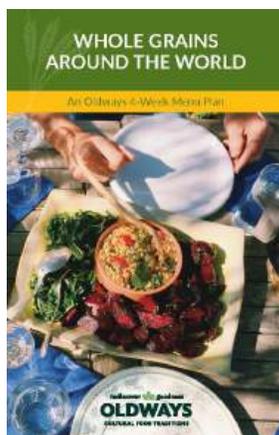
Does cutting whole grains help you lose weight?

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You can add whole grains to your meals without cooking, simply by choosing breads, breakfast cereals, and other prepared whole grain foods. If you'd like to enjoy delicious whole grains at home as a side dish, however, here are some guidelines for cooking them from scratch.

1 Cup of Grain	Water	Cook Time	Cooked Amount
Amaranth	2 cups	20-25 minutes	3½ cups
Barley, hulled	3 cups	45-60 minutes	3½ cups
Buckwheat	2 cups	20 minutes	4 cups
Bulgur	2 cups	10-12 minutes	3 cups
Cornmeal (polenta)	4 cups	25-30 minutes	2½ cups
Couscous, whole wheat	2 cups	10 minutes (heat off)	3 cups
Kamut®	4 cups	Soak overnight, then cook for 45-60 minutes	3 cups
Millet, hulled	2½ cups	20 minutes	4 cups
Oats, steel cut	4 cups	20 minutes	4 cups
Pasta, whole wheat	6 cups	8-12 minutes (varies by size)	varies
Quinoa	2 cups	12-15 minutes	3+ cups
Brown Rice	2½ cups	45 minutes (varies by variety)	3-4 cups
Rye berries	4 cups	Soak overnight, the cook 45-60 minutes	3 cups
Sorghum	4 cups	25-40 minutes	3 cups
Spelt berries	4 cups	Soak overnight, the cook 45-60 minutes	3 cups
Teff	3 cups	For porridge: Toast: 3 min. Simmer: 15-20 min.	3 cups
Wheat berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wild Rice	3 cups	45-55 minutes	3½ cups

NUTTIER, FULLER FLAVOR

Whole grains are generally chewier than refined grains and have a nuttier, fuller flavor. You and your family may find this unfamiliar at first. But after a month or two, refined grains may start to taste very plain and uninteresting by contrast. Stick with it until your palate adjusts, and reap the health benefits.

Speaking Points

WHAT IS A WHOLE GRAIN?

- A whole grain is a grain that contains all **three edible parts** of its original kernel – *bran, germ, and endosperm* – in their original proportions.
- Most of a grain kernel's **nutrients** – and flavor – are concentrated in the bran and the germ, which is **routinely stripped out** when a grain is refined.
- An **enriched grain** is a refined grain that has a few vitamins added back in, but not all of them, and *not* in their original proportions.
- Whole grains can be ground into smaller pieces and still considered whole grain, such as when whole wheat is milled into whole wheat flour, or when oat groats are steam-rolled into oatmeal flakes. If the bran and germ haven't been sifted out and your final product still has all three parts of the original kernel in its original proportions, it's considered whole grain.

WHOLE GRAIN NUTRITION

- Whole grains are an important part of a healthy diet, and people should aim to make at least half their grains whole.
- People who eat more whole grains are more likely to **live longer, less likely to develop heart disease and diabetes**, and more likely to have **better weight control**.
- **Gluten-free does NOT mean grain-free**. In fact, most whole grains are naturally gluten-free, including amaranth, buckwheat, corn, millet, oats, quinoa, rice, sorghum, teff, and wild rice.
- Eating whole grains isn't just about fiber. Compared with refined and enriched wheat flour, whole wheat flour has more than 10x the Vitamin E, 6x the magnesium, 3x the potassium, and about 20% more protein.

HOW TO FIND WHOLE GRAINS

- Looking for the **gold and black Whole Grain Stamp** on food products is an easy way to find whole grains. The different gram amount on each Stamp tells you how many grams of whole grain are in one serving of the product.
- There are three different varieties of the Whole Grain Stamp:
 - *The 100% Stamp indicates that all of the product's grain is whole grain.*
 - *The 50%+ Stamp indicates that at least half the product's grain is whole grain.*
 - *The Basic Stamp indicates that the product contains a significant amount of whole grain (at least 8g) but contains more refined grain than whole grain.*



TELL YOUR AUDIENCE WHERE THEY CAN LEARN MORE:

- Search for whole grain recipes and resources on WholeGrainsCouncil.org
- Subscribe to our monthly email newsletter, *Just Ask for Whole Grains*
- Cook from *Whole Grains Around the World: An Oldways 4-Week Menu Planning Book*





Whole Grain FAQs

WHAT DOES THE WHOLE GRAIN STAMP ON PACKAGES MEAN?

The Whole Grain Stamp indicates that a product has at least a half serving (8 grams or more) of whole grains per labeled serving. The gram amount shown on the Stamp displays the **amount of whole grains in one serving** of a product. There are three different varieties of the Whole Grain Stamp. The 100% Stamp indicates that all of the product's grain is whole grain, the 50%+ Stamp indicates that at least half the product's grain is whole grain, and the Basic Stamp indicates that the product contains a significant amount of whole grain (at least 8g) but contains more refined grain than whole grain. The vast majority of Stamped products qualify to use the 100% or 50%+ Stamp, indicating that more than half of the grains are whole.

IS WHITE BREAD JUST AS HEALTHY AS WHOLE GRAIN BREAD?

White bread is **NOT** as healthy as whole grain bread. Refining whole wheat flour to make white flour greatly **decreases a wide range of nutrient levels** in the flour, including fiber, protein, vitamin E, vitamin B6, potassium and magnesium. Not only do whole grain breads contain higher levels of these nutrients than their refined counterparts, whole grain breads also tend to have a more gentle impact on blood sugar.

ARE WHOLE GRAINS DIFFERENT FROM FIBER?

Whole grains and fiber are **NOT INTERCHANGEABLE**. Whole grains are a food group. *Fiber is a nutrient* found in whole grains. Whole grains also contain many other essential nutrients, meaning that whole grains give you a bigger nutritional bang for your buck than eating fiber alone.

WHICH WHOLE GRAINS ARE GLUTEN-FREE?

Most whole grains are naturally gluten-free. Gluten free whole grains include amaranth, brown rice, buckwheat, corn, oats, quinoa, rice, sorghum, teff, and wild rice. Note that although oats are technically gluten-free, they are often cross-contaminated with gluten during processing, so check the label to be sure if you need gluten-free oats.

IS WHOLE WHEAT A WHOLE GRAIN?

Whole wheat is *one kind of whole grain*, just as carrots are one kind of vegetable. In other words, **all whole wheat is whole grain but not all whole grains are whole wheat**

WHAT IS THE BEST WAY TO STORE WHOLE GRAINS?

The best way to store whole grains is to keep them in airtight containers **away from moisture, light, and heat**. Cold temperatures slow the rate of oxidation, meaning that grains tend to keep longer in the fridge, and even longer in the freezer. If stored properly in airtight containers, intact grains, like wheat berries or brown rice, will keep for up to 6 months on a cool, dry pantry shelf or up to a year in the freezer, and most whole grain flours and meals will keep for 1 to 3 months on a cool, dry pantry shelf or 2 to 6 months in the freezer.



RECIPE: TABBOULEH

Tabbouleh salad is a grain bowl that exemplifies Mediterranean resourcefulness. Once you become acquainted with this Lebanese salad of finely chopped parsley, tomatoes, bulgur wheat, lemon juice, and olive oil, you have no reason to ever let herbs wilt in your crisper drawer again. Bulgur wheat, the feature grain of tabbouleh salad, is a term for wheat kernels that have been pre-boiled and then ground into smaller pieces. Because bulgur wheat has been precooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat—about the same time as dry pasta. **An Oldways recipe**



Serves 8

Ingredients

- 2/3 cup bulgur
- Juice of 1 lemon (1/4 cup lemon juice)
- 4 cloves garlic, minced
- 4 cups chopped parsley
- 4 medium tomatoes, diced
- 1 cup chopped mint (optional)
- Salt and black pepper

Instructions

1. In a medium pot, combine the bulgur and 1 1/2 cups water. Bring to a boil, then reduce heat to low. Simmer, covered, for about 10 minutes (or according to package instructions), until the liquid is absorbed and the grains are fluffy and tender.
2. In a large mixing or serving bowl, combine the warm cooked bulgur with the lemon juice, garlic, parsley, mint (if using), and tomatoes. Taste and adjust seasoning, adding salt and pepper if needed.

Calories: 70, Total Fat: 0.5g, Saturated Fat: 0g, Sodium: 20mg, Carbohydrate: 14g, Fiber: 3g, Total Sugar: 2g (Added Sugar: 2g), Protein: 3g

This Tabbouleh recipe is featured in both *A Taste of the Mediterranean*, a 6-week cooking and nutrition curriculum from Oldways, as well as *Make Every Day Mediterranean*, a 4-week menu plan book from Oldways.

For more Mediterranean Diet recipes and tips, visit OldwaysPT.org



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Join Oldways on a Culinary Tour of the Mediterranean

RECIPE: AMARANTH PORRIDGE WITH COCONUT MILK AND CHIA SEEDS

This rich, flavorful porridge combines two important indigenous crops: amaranth and chia seeds. If you have leftover cooked amaranth, try adding a cup of plain yogurt to the cooled grains to make a dish similar to arroz con leche, a dessert eaten in Latin America. This is one of the many delicious recipes taught in A Taste of Latin American Heritage, Oldways' bilingual 6-week cooking and nutrition curriculum.

An Oldways recipe

Serves 8

Ingredients

- 2 cups amaranth
- 4 cups coconut milk
- 1 tablespoon vanilla
- 4 tablespoons unsweetened peanut butter
- 2 tablespoons honey
- 8 medjool dates, finely chopped
- 2 tablespoons chia seeds
- Ground cinnamon, to taste

Instructions

1. Soak the amaranth in water overnight, then drain. (You can also make this recipe without pre-soaking, just add an extra 5 minutes of cooking time for the grain.)
2. In a large pot, stir together the coconut milk, vanilla, peanut butter, honey and dates. Bring to a boil.
3. Lower the heat; stir in the drained amaranth and simmer for 10 to 15 minutes, or until the amaranth is cooked and the liquid has been absorbed.
4. Transfer the amaranth to a bowl and mix in the chia seeds. Let it sit and cool for a few minutes, or store it in the fridge to serve later.
5. Sprinkle with cinnamon. Serve as is, or add extra coconut milk if the porridge seems dry.

Calories 340, Total Fat 12g, Saturated Fat 4g, Sodium 55mg, Carbohydrates 51g, Dietary Fiber 6g, Total Sugars 15g, Protein 10g



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Bring A Taste of Latin American Heritage to your own community.

RECIPE: BULGUR VEGETABLE UPPAMA

Uppama is a savory, delicious, grain-based breakfast dish in Indian cuisine that is often made with cream of wheat. This version uses whole grain bulgur wheat and features lots of vegetables. If you are able to find chana dal (split chickpeas), use those instead of the split peas. If you like heat, jalapeno is also sometimes added to this dish. **An Oldways recipe, courtesy of Madhu Gadia**

Serves 6

Ingredients

- 1 cup bulgur wheat, uncooked
- 2 tablespoons canola oil
- 1 teaspoon brown mustard seeds
- 1 large onion, thinly sliced
- 2 teaspoons split pea peas or red lentils
- ½ cup coarsely chopped cashews, divided
- 2 teaspoons fresh ginger, finely grated
- 1 cup green beans, cut into ¼-inch pieces
- 2 medium carrots, diced into ¼-inch pieces (about 1 cup)
- 1 large zucchini, diced into ¼-inch pieces (about 1 cup)
- 1 cup frozen corn
- 1 teaspoon salt
- 3 cups water

Instructions

1. Heat a large pot or Dutch oven over medium heat and dry roast the bulgur, stirring frequently for 4 to 5 minutes, until the bulgur turns light brown. Transfer to a plate and set aside.
2. Heat the canola oil in the same pot over medium-high heat. Add mustard seeds, cover with a lid, fry for a few seconds until mustard seeds stop popping. Add onions and cook for about 3 minutes, until light brown. Add the split peas, ¼ cup of the chopped cashews, and ginger and cook for another 30 seconds.
3. Add chopped green beans, carrots, zucchini, and corn. Stir in salt. Add water, cover with lid, bring to boil.
4. Gradually stir in roasted bulgur. Reduce heat and cook for 10-12 minutes, until the bulgur is cooked. Transfer to a serving dish and garnish with the remaining ¼ cup cashews.

Calories: 250, Total Fat: 11g, Saturated Fat: 1.5g, Sodium: 410mg, Carbohydrate: 35g, Fiber: 6g, Total Sugar: 5g (Added Sugar 0g), Protein: 7g



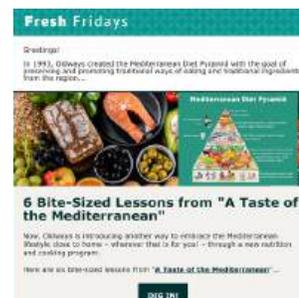
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RECIPE: MAPLE WALNUT TEFF PORRIDGE

Teff has been cultivated in Ethiopia for nearly 3,000 years. Teff flour is used to make Ethiopia's staple flatbread, injera. The teff grain is very small and packs a sweet toasted flavor, making for a wonderful porridge.

An Oldways recipe, courtesy of Madhu Gadia



Serves 8

Ingredients

- 4 cups water
- 1 cup canned light coconut milk
- 2 cups teff (whole grain, not the flour)
- 1 teaspoon ground cardamom
- 1/2 teaspoon sea salt
- 2 tablespoons maple syrup
- 1/2 cup walnuts, chopped

Instructions

1. In a large pot, bring the water and coconut milk to a boil and add the teff.
2. Quickly lower the heat to simmer.
3. Stir in the cardamom and sea salt.
4. Cook (uncovered) for 20 minutes, or until all the liquid is absorbed. Stir every 5 minutes or so, to keep the bottom from sticking.
5. When the teff is fully cooked, stir in the maple syrup and chopped walnuts to thoroughly incorporate.

Calories: 260, Total Fat: 8g, Saturated Fat: 2.5g, Sodium: 160mg, Carbohydrate: 41g, Fiber: 4g, Total Sugar: 4g (Added Sugar 3g), Protein: 8g

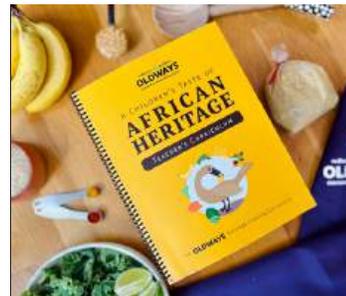
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Recipe Speaking Points

TABBOULEH

- Tabbouleh is a Lebanese salad of finely chopped parsley, tomatoes, bulgur wheat, lemon juice, and olive oil.
- Bulgur wheat, the feature grain of tabbouleh salad, is a term for wheat kernels that have been pre-boiled and then ground into smaller pieces. Because bulgur wheat has been precooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat. For this reason, bulgur wheat is one of our favorite pantry heroes for when we need a whole grain to bulk up a meal.
- Bulgur wheat is also great for breakfast, when mixed with milk, honey, and tahini.
- Other whole grain foods in the Mediterranean diet include wheatberries, farro, barley, whole grain pita, whole grain pasta, and whole grain polenta.
- Since bulgur wheat is made from wheat, it is NOT gluten-free.

AMARANTH PORRIDGE

- Amaranth was a staple of Aztec culture and has a rich history throughout Latin America.
- Amaranth is great in porridge or polenta style recipes. It can also be popped like popcorn! Amaranth has a peppery taste with a pleasantly sweet, grassy aroma. It pairs well with squash, corn, sesame, cinnamon, vanilla, and chocolate.
- Feel free to customize your amaranth porridge with any fruits or flavorings that you prefer. Try a version with cinnamon, peanut butter, and caramelized bananas. Or a version with strawberries, blueberries, and almond butter.
- Other whole grain foods in Latin American heritage diets include whole grain tortillas and other whole corn based foods, quinoa, brown rice, and whole wheat.
- Amaranth is a naturally gluten-free whole grain.





Recipe Speaking Points

BULGUR VEGETABLE UPPAMA

- Indian cuisine has a rich history of incorporating whole grains like millet and whole wheat. Uppama is a savory, delicious, grain-based breakfast dish in Indian cuisine that is often made with cream of wheat. This version uses whole grain bulgur wheat and features lots of vegetables.
- Bulgur wheat, the feature grain of this uppama recipe, is a term for wheat kernels that have been pre-boiled and then ground into smaller pieces. Because bulgur wheat has been precooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat. For this reason, bulgur wheat is one of our favorite pantry heroes for when we need a whole grain to bulk up a meal.
- Other whole grain foods in Asian heritage diets include brown rice, black rice, millet, soba (buckwheat) noodles, and flatbreads like chapati and paratha.
- Since bulgur wheat is made from wheat, it is NOT gluten-free.

TEFF PORRIDGE

- It is estimated that teff is the principal source of nutrition for over two-thirds of Ethiopians, who make it into the ubiquitous spongy injera flatbread. It's also widely consumed in neighboring Eritrea and other countries in the Horn of Africa.
- Those who have only tasted teff in injera assume it has a sour taste, but when it is not fermented (made into a sourdough), teff has a sweet and light flavor with hints of cocoa. Teff is great for porridges, soups, and polenta-style dishes since the grains cling together, and teff flour adds incredible flavor to baked goods. Teff is naturally gluten-free.
- Other African Heritage whole grains include sorghum, millet, brown rice, whole grain corn, and whole wheat.

