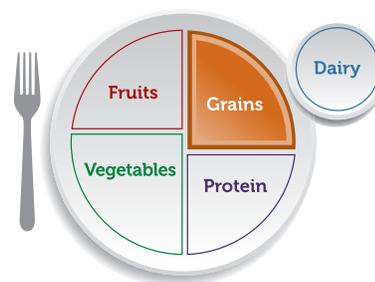# ▶ MAKE HALF YOUR GRAINS WHOLE GRAINS

The grains group includes breads, cereals, rice, and pasta. All grains are made with some of the grain kernel but whole grains include the entire kernel. When parts of the grain are removed, it is called a refined grain. Enriched grains have nutrients added back in. Both whole grains and enriched grains provide good nutrition. Whole grains often have more fiber, which helps to keep your body regular. Adults and children who need 2,000 calories should eat about 6 ounces of grains each day. Three of those ounces should be whole-grain.

Serve a variety of grains such as:

- **1 cup of 100% whole-wheat flakes** (counts as 1 ounce of whole grains).

- **Two slices of 100% whole-wheat bread in a sandwich** (counts as 2 ounces of whole grains).

- **1 cup of cooked rice** (counts as 2 ounces of grains).

- **One medium corn tortilla** (counts as 1 ounce of grains).

▶ TIPS ON EATING WHOLE GRAINS

Make at least half your grains whole grains. Use whole-grain bread in sandwiches, mix brown rice with vegetables, and use whole-wheat pasta in dishes like spaghetti.

Eat whole grains to keep you on track. Many whole grains provide health benefits, like fiber, which helps to keep the body regular.

Check the package. Look on the package and ingredient list for the words "100% whole grain" or "100% whole wheat." Some grains say "bran" or "100% wheat" and may not contain any whole grain. Brown or dark colors are not a sign that foods are made with whole grains.

Try whole grains for breakfast! Choose whole-wheat cereal, oatmeal, or whole-grain waffles.

What about whole-grain snacks? Try whole-grain cereals such as shredded wheat or toasted oats. Popcorn is a great snack, when made with little or no butter or salt.

Give kids whole-grain foods without the extras. Many grain foods such as cookies, cakes, pies, and donuts have a lot of solid fats and added sugars. Serve these foods less often.

To find the right amount of grains for members of your family, visit http://choosemyplate.gov/supertracker-tools/daily-food-plans.html or SuperTracker.usda.gov.

▶ STIR-FRIED GREEN RICE, EGGS, AND TURKEY HAM

COOK TIME: 1 hour and 20 minutes

MAKES: six 1-cup servings

INGREDIENTS:

- 1¾ cups brown rice, long-grain, regular, dry
- ⅓ tsp salt
- ¾ cup frozen chopped spinach, thawed, drained
- 6 large whole eggs, beaten
- 1 tablespoon vegetable oil
- ½ cup extra-lean turkey ham, diced ¼" (2 ounces)
- ¼ cup fresh green onions, diced
- 1 teaspoon sesame or vegetable oil
- 1 teaspoon low-sodium soy sauce

NUTRIENTS PER SERVING:
Calories 238, Protein 9 g, Dietary Fiber 3 g, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 74 mg, Sodium 313 mg.
(Team Nutrition, Recipe for Healthy Kids: Cookbook for Homes)

DIRECTIONS:

1. Combine brown rice and 4½ cups water in a large pot and bring to a boil. Turn heat down to low. Cover and cook about 30-40 minutes, until water is absorbed. Fluff with a fork. Add salt to rice. Mix well. Set aside. (A rice cooker may be used with the same quantity of brown rice and water.)

2. Drain water from spinach by squeezing thawed spinach with hands. Set aside.

3. Whisk together eggs and 1 tablespoon of water. Cook half of the eggs in a large nonstick skillet coated with nonstick cooking spray. Remove eggs from skillet to cool. Chop cooled eggs and set aside. Reserve the remaining eggs for step 5.

4. Heat vegetable oil in a wok or a large nonstick skillet over high heat. Add ham and cook for 2 minutes or until ham begins to brown.

5. Reduce heat to medium. Add brown rice and toss to mix. Add remaining eggs. Stir for 5 minutes or until egg is fully cooked. Add green onions, spinach, chopped egg, sesame oil, and soy sauce. Stir well. Cook until thoroughly heated. Serve hot.

What's Cooking USDA MIXING BOWL — For more recipes visit WhatsCooking.fns.usda.gov.

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