

All About Whole Grains

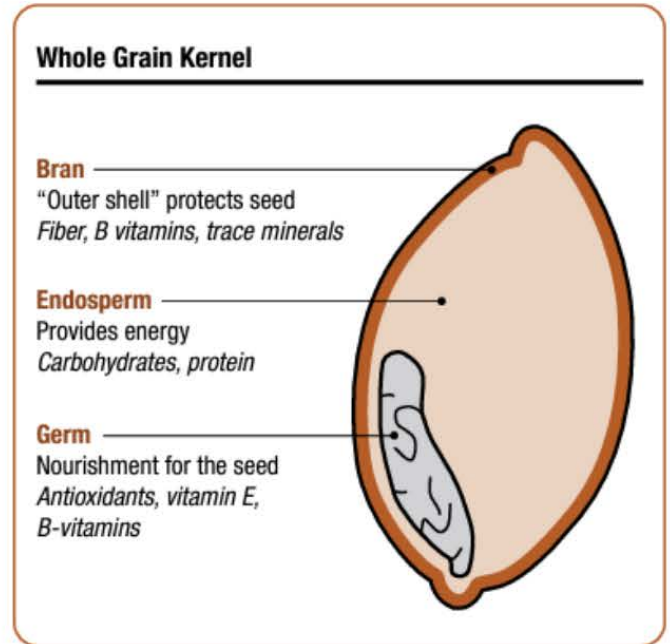
From nutrition tips to cooking tricks, learn how to best serve these energy-rich powerhouses in your sites!

What is a whole grain?

A whole grain contains the entire cereal grain seed or kernel. The kernel has **three parts** including:

- the bran;
- the germ; and
- the endosperm.

Usually, the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a **whole grain**.



Why whole grains?

Whole grains provide a **variety of nutrients** to support proper **growth and development** in children. Also, dietary fiber in whole grains may help **reduce** blood cholesterol and lower risk of heart disease, obesity, and type 2-diabetes.



Examples:

- Whole-Grain Oats
- Brown Rice
- Whole-Wheat Pasta
- and More!

Cooking Tricks

Cooking grains is a **fundamental skill** in the kitchen! Whether it's rice, pasta, or oats, each grain requires a **specific cooking** method to achieve optimal texture and flavor. The **absorption** method is used for rice, where the grains soak up the cooking liquid, while pasta is cooked by draining **excess water** off. Properly cooked grains add complexity and substance!

Grain	Grain to Water Ratio
Oats	1 cup oats: 3 cups water
Rice	1 cup rice: 2 cups water
Pasta	1 lb pasta: 4 qts water



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